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MARTLET

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SUB workers threaten strike

Wage disputes could put the Student Union Building on picket lock-down this week

Sam VanSchie

SAM VANSCHIE PHOTO

Katie Hulbert (left) and Jamie Lovestone work in Zap, a popular SUB copying business that may close if workers go on strike.

By the time you read this, unionized workers in the Student Union Building may already be on strike.

With their collective agreement up for negotiation, workers are asking for a $1.50 hourly wage increase for the lowest paid employees in the building, who currently earn $9.95 per hour.

When this paper went to press, management, represented by the UVic Student Society board, had offered an increase of 10 cents for servers at Felicita's, and 30 cents for others in the lowest wage bracket.

"We want fair jobs and fair wages, but we also need to keep the SUB running in a sustainable way," said UVSS chair Caitlin Meggs. "We're trying to find that fine balance. We can't increase the wage without cutting that money out somewhere else. It's not possible."

The union's bargaining committee, headed by Cinecenta Films Manager Micheal Ryan, met with a mediator from the BC Labour Relations Board on Friday, Aug. 29. He represented the workers who had agreed to accept nothing short of their proposed $1.50 wage increase, which they wanted applied retroactively to hours worked since May 1, when their contract expired. The raise will cost the student society nearly $300,000 over two years.

"It seems like a lot of money," Ryan said, "but we haven't had a substantial raise in such a long time that we're just catching up to where we should be now."

The collective agreement comes up for negotiations every three years, and wage is always debated. In 2005, workers received a five cent raise and a $100 signing bonus for agreeing to it. In 2002, the raise was 15 cents, and in 1999 they took 95 cents.

Ryan, who has worked in the SUB for five years, said workers accepted smaller raises in the past two years because the SUB was recovering from a deficit.

"We've really helped the society by giving them cheap labour while they got on their feet," Ryan said. "The workers now think it's time we be rewarded for that."

Neither the bargaining committee nor the board budged in mediation.

On Wednesday, Sept. 3, the workers planned to meet to discuss what job action they will take in response to that, and the strike seems imminent as workers already voted on Aug. 25, 75-2 in favour of striking if mediation failed.

"The workers are really serious about this," Ryan said.

José Barrios, a Munchie Bar employee in the lowest income bracket, is the union's Shop Steward, responsible for communicating between the union and workers. He started the 'I Support the S.U.B. Wage Increase' group on Facebook, which has about 150 members.

Barrios said if a strike happens there will also be a petition to impeach the current UVSS board, which would require five per cent of student body signatures to be a motion at the October Annual General Meeting of the UVSS.

"Basically, if they won't give us this raise, then they aren't representing our wishes," Barrios said, noting that he speaks only for himself, as an employee, not for the union.

Meggs said impeaching the board would be an inefficient way for workers to get what they want.

"Impeachment should be saved for when people aren't doing their job," she said. "We are actually working really hard at this ... We want to discuss this with them, but they need to be ready to negotiate."

Meggs said she also has to consider the students that shop at the SUB and pay student fees.

"It's pretty much a closed economy, students working for students," she said. "Maybe we would have to raise prices to pay the workers more. That wouldn't be very fair to the rest of students. So, it's tricky."

For updates on the progression of the strike, visit Martlet.ca.

Local food activists speak to ripe public concerns

Students challenged to take responsibility for Island food supply

Cody Willett

A town hall meeting on local agriculture and food sovereignty, billed "Food for Thought," packed a 150-person conference room well beyond capacity at the Greater Victoria Public Library on Aug. 20.

MP Alex Atamanenko, the NDP agriculture critic, moderated a panel of local food production advocates and farmers that kept a diverse crowd raptly engaged.

Victoria residents were eager to lend their ears and voices to the debate on a topic of major worry — food — on account of higher prices from increased fuel costs, droughts and floods destroying crops and local-level famines around the world. Before turning the mic over to the panelists, Atamanenko cited Via Campesina, a worldwide peasant farmer movement pushing for sustainable agriculture, as the inspiration for grassroots activism aiming to establish a made-in-Canada food sovereignty and security policy.

Thrifty Foods Director of Produce Operations Michael Mockler stated that food is too cheap, after half-jokingly imploring the audience to shop at his store because it endeavours to source local produce and supplies as much as possible.

To back up his claim, Mocker cited a statistic whereby in 1990 it cost Canadians 18 cents of every dollar they made to feed themselves, while that number today is only 12 cents.

Mocker declared that North Americans have outsourced feeding themselves, saying that food has gotten so cheap "because we get it off the backs of farmers in the third world."

"It costs Mexicans 33 cents on the dollar to feed themselves, and yet we still think food needs to be cheaper," Mockler said, speculating that when you pay less for something it's easier to put it out of your mind.

See *No shit, no farming*, p. 3

JOSH SZCZEPANOWSKI PHOTO

Soaring food costs and supply disruptions could push Island residents and cash-strapped students into learning how to grow their own food.

This week in Martlet history: bus fare increases, housing shortages, strikes

Stories from the Martlet archives

Sept 7, 1978—Bus fares increased more than 40 per cent to 50 cents a ride. Bus drivers refused to hold up service if riders only paid the previous 35-cent fare. Sales for bus passes were brisk, even though term pass prices rose from $40 to $59, and full-year passes went from $75 to $115. Many people opted for alternative means of transportation, with bikes being the most popular. "With gas prices so high, and bus fares increased, I have no choice. I have to ride my bike," said one student.

Sept 7, 1989—Housing shortages left as many as 1,500 students in need of a place to live. Housing and Conference Services' 1,175 student capacity still left 450 students on the residence waiting list. A pre-payment policy had been instituted, whereby students paid $1,800 during the summer to secure their place in residence for the coming school year. Along with a $100 fee for early registration, the pre-payment system was criticized for promoting an elitist attitude that was coming directly for the Board of Governors, according to UVSS president Lise-Lotte Loomer.

Sept 2, 1999—CUPE locals 917 and 951 at UVic, representing nearly 1,000 workers from child care workers to groundskeepers,threatened to walk off the job at the start of the school year if negotiations broke down on contract talks. Other campus unions, such as the Professional Employees Association and CUPE local 4163 (representing teachers' assistants and sessionals) stated that they wouldn't cross picket lines. Both union presidents and the university said they remained committed to the negotiation process to try to keep students at their desks. Both locals and their counterparts at other B.C. universities asked for increased wages and benefits. Other union demands focused on the creation of a "social safety net" for members and achieving pay equity for female workers. Morgan Stewart, UVSS Chair, said the UVSS would support a strike by closing the SUB.

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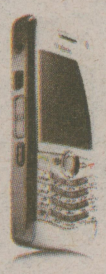

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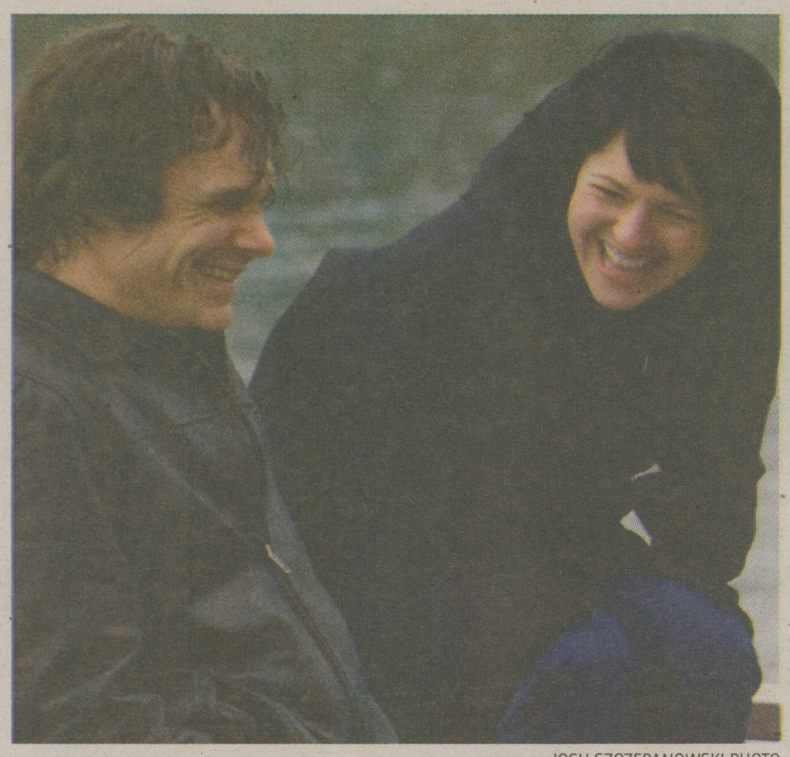
Cavemen the original comics

Two profs make headway on the study of humour

Ben Poggemiller
THE MANITOBAN (UNIVERSITY OF MANITOBA)



JOSH SZCZEPANOWSKI PHOTO
Humour was used even 2000 years ago for communication and defense.

WINNIPEG (CUP) —Humour has been around for a lot longer than 2,000 years, according to two psychiatrists at the University of Manitoba.

Dr. Joe Polimeni and Dr. Jeffrey Reiss have been studying the origins of humour in humans and they've narrowed down the origin of what they consider to be the first joke.

"Our analysis provides only a minimum estimate for the evolutionary age of humour. It is likely at least 35,000 years old," said Polimeni. "I would suspect, by indirect evidence, that it's probably older than that ... It's possible, though unlikely, to be even 2,000,000 years old."

That's one old knock-knock.

The two doctors started their research into humour while studying schizophrenia. Patients with schizophrenia have difficulty understanding certain forms of humour. Polimeni and Reiss created a "humour test," which they hoped could be part of a larger set of tests used for making the difficult distinction between schizophrenia and manic depression.

"After learning about humour, we recognized that there hadn't been a comprehensive review exploring the possible evolutionary origins of humour for some time," said Polimeni.

So the doctors studied the subject methodically, said Polimeni, and published a review article: "The First Joke: Exploring the Evolutionary Origins of Humour."

This particular study of schizophrenia led to a possible link between humour and spirituality. Polimeni explained that 50 to 60 per cent of delusions in schizophrenia have religious content. There are cognitive similarities between humour and spirituality, and evolution has an efficient tendency to adapt two functions to one structure — kind of like the tongue, which helps with digestion and allows us to speak.

"It is only speculation, but perhaps the cognitive structure of humour was used to create a capacity for religious thinking in the brain," said Polimeni. "Religious thinking is believed to be about 50,000 years old — so it may fit with the possible age of humour."

So laugh a prayer, then pray a joke. Polimeni says humour and spirituality may have evolved together to relieve stress, improve communication and help people socialize.

What is the purpose of humour, then? According to Polimeni and Reiss, there are several possibilities, such as dealing with absurd situations, letting out repressed sexuality or aggression and building social status. But no clear answer is evident.

"That was one of the points of our paper; we couldn't elucidate a clear pattern for the social purpose of humour in hunting and gathering societies," said Polimeni. "We argued that to fully understand humour, you have to study it in traditional societies. Our methodical approach had too much statistical variance and therefore we concluded our analysis had failed ... this was only one portion of our evolutionary paper. When we looked at the examples of humour in traditional societies, they, in fact, broadly appeared similar to Western humour."

Polimeni also noted it seems that one of the primary social purposes of humor is to quell heated disputes.

"The first joke may have diffused a situation where Og was going to pummel Ug," said Polimeni.

In fact, humour has saved many a dork from certain thrashing. Perhaps Ug used self-deprecating humour to stop Og from taking his Star Wars collectible cards.

The uncertainty of the reasons may be a good thing, however; a computer can't decide what's funny, and comedy is certainly not a science. Many find that the second they try to figure out why something is funny, it immediately stops being funny. But that hasn't stopped Polimeni.

"You have to have a reasonable interest in comedy to be able to spend hours analyzing simple jokes," he said. "I sometimes spend one to two hours thinking about all the angles in any given joke. And yes, I'm guilty of having spent almost an hour analyzing the joke 'Why did the chicken cross the road?'"

Continued from p. 1

No shit, no farming, says local farmer

That's why no one wants to work the fields, says Mockler — it just doesn't pay enough.

Tom Henry, a small farm owner and editor of the bi-monthly Small Farm Canada magazine, agreed with Mockler's appraisal and elaborated on the economic argument, asking, with land values at roughly $100,000 per acre, how farms could be economically viable in the face of suburban development pressures.

Henry said he fears a farm infrastructure collapse before local farming reasserts itself, citing a lack of local slaughterhouses will lead to no local herds, and thus no local manure. In his words: "no shit, no farming."

His proposal for the development of a regional food system, with a food charter action plan, roles for community members, businesses, government and local organizations, drew much enthusiasm from the crowd. Henry implored every person to sign onto a "food charter,"compelling the City of Victoria to get behind a local food procurement policy.

One panellist talked about taking local food production into her own hands. Paula Sobie, a Small Plot Intensive (SPIN) farmer, and owner of a home-based pocket market called "City Harvest," said she gets a lot of community support because people like buying food from farmers and small markets. She said it gives them a feeling that even they can get involved, be it through purchasing locally-grown produce, or following her example by growing it themselves.

However, she pointed out that many frustrating regulatory barriers still exist, such as municipal laws prohibiting small-scale farming in homes and yards if the produce is going to be sold, as it would then be classed as a commercial enterprise in a residential area.

MARC JUNKER GRAPHIC

Carolyn Herriot, gardening advocate and author of *A Year on the Garden Path: 52 Weeks of Organic Gardening Guide* was the most passionate speaker among the panellists, and stirred the crowd into cheers and hollers. After citing a statistic that residents of Vancouver Island import 95 per cent of their food, Herriot decried how in two generations "we've abrogated our responsibility to feed ourselves," and have forgotten how to farm, save seeds and grow our own food.

"Monsanto [a multinational agricultural biotechnology corporation] needs to be put in its place," she said to an eruption of noise from the crowd. Herriot stated that we need to save our own seeds, appropriate land to farm on and get people on that land to farm it. Herriot also challenged everyone to get involved through personal action and leadership, rather than more words and task forces.

Finishing off on the subject of ornamental gardens, she called for people to make sure the plants they grow give edible produce, flatly stating, "if you can't eat it, don't bother."

Provincial exams no longer required at SFU

Shara Lee
THE PEAK (SIMON FRASER UNIVERSITY)

BURNABY (CUP) — Simon Fraser University just got a little bit easier to get into.

Starting in the fall semester of 2009, prospective students of SFU now only need a passing mark in Grade 12 English to apply. The motion was passed almost unanimously in the university's senate last month.

Previously, admission to SFU was dependent on passing the provincial Grade 12 English exam, as well as three other provincially examinable courses.

According to the university, this new ruling puts SFU in line with the admission requirements of both UVic and University of British Columbia, SFU's main recruitment competitors in B.C.

This easing of requirements also aims to make SFU a more favourable pick for students in other provinces where provincial exams are not mandatory.

In his report to senate, SFU's Associate Academic Vice-President Bill Krane notes, "Almost all B.C. Grade 12 students admitted to SFU are given admission offers prior to writing provincial exams."

Krane said that early admissions offers are based on self-reported or interim grades.

"Final marks are only used to revoke admission offers," he said, also noting that students from other provinces are admitted without the equivalents of B.C. Grade 12 examinations.

Student Senator Earl Von Tapia voted in favour of this motion, but maintains his doubts about it.

"It's incredibly unfortunate, but I think it's also something that needs to be done," said Von Tapia. "When you look at other universities out east ... they don't require these provincial exams."

Student Senator Andrew Fergusson expressed concern about the overall state of universities in Canada.

"It is a race to the bottom," he said of the universities in B.C. having to compete for student enrollment by worsening standards.

Because there will now be less of an emphasis on standardized methods of marking, some worry inconsistencies may increase when it comes to grading, and may invite students who are ill-prepared for the university system.

"It was certainly a difficult decision," said Student Senator Benjamin Lee. "The admissions landscape has changed considerably."

But while the student senators may be concerned about the repercussions of this new policy and what it may bring to SFU, some students are largely indifferent to the matter.

"I got a scholarship and I just chose Canada. They sent me here," said Sakhr. "I'm an international student. These requirements never affected me."

For students that have the grades anyway, the slackened requirements are moot. Mark Wu, a second-year biology student, sums it up by saying, "I guess you don't have to work as hard to get in, but it doesn't really affect me."

SAM VANSCHIE PHOTO

Christine Comrie broadcasts "Crafty Ass: The Mix Tape Show" at CFUV. A new music tax could cease this.

New tax could hurt campus radio, podcasters

Morgan Modjeski
THE MANITOBAN (UNIVERSITY OF MANITOBA)

WINNIPEG (CUP) — The Copyright Board of Canada is considering a law that would tax websites for distributing music and other media—a move that could be harmful for small-time podcasters and campus radio stations.

The tariff was introduced by the Society of Composers, Authors and Music Publishers of Canada (SOCAN) and would only tax sites that distribute or use SOCAN-licensed material.

An earlier version of the tariff, which sought to tax Internet Service Providers, was rejected in 1995.

"SOCAN restructured the tariff by identifying an extensive list of on-line uses of music, including on-demand streaming, webcasting, music streaming on gaming sites, and other services that potentially include podcasting," said Michael Geist, a University of Ottawa professor who holds a research chair in Internet and e-commerce law.

The legislation would tax sites 25 per cent of their gross revenue, or 25 per cent of their gross operating expenses, with a minimum monthly fee of $200. However, the proposal aims to tax non-profit stations, such as campus radio, just 1.9 per cent, and websites 15 per cent.

Jared McKetiak, station manager at University of Manitoba's 101.5 FM, says the tariff is bad for campus radio.

"It's going to get to a point where campus radio stations are going to have to close down because they cannot continue to do business, not because the cost of doing business is expensive, but because it's getting taxed," he said.

The new tariff, if passed, will make it mandatory for people who communicate music to the public to have a licence for doing so.

Mark Blevis, editor of Canadapodcast.ca, says even though this licence will be enforced, it will not have an effect on people who podcast as a hobby.

"It's a little pricey for people who are doing this from their basement just because they love it," Blevis said.

But Blevis believes that despite the price, the licence will have "zero effect" on the podcasting community.

"People who are already established will continue their podcasts without the licence," he said.

Blevis noted that the tariff only takes into consideration performance rights, and ignores the mechanical rights and publishing rights that go along with using music.

"What this really shows is that SOCAN is ready to come to the table," said Blevis, acknowledging that SOCAN is taking a huge step.

"But right now, it's lip service."

-With files from Sheena Goodyear.

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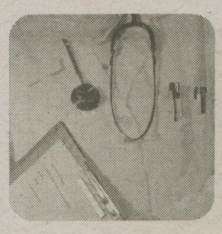

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CAMOSUN COLLEGE

Extended work permits help international students

Staying in Canada after graduation has been made easier with the new conditions

Kailey Willetts

Recent changes to the post-graduation work permit program will make it easier for international students to work and stay in Canada after graduation.

"It hasn't been easy in the past for them to switch from being students to permanent residents," said Therese Vermette, Acting Director of Communications for Citizenship and Immigration Canada (CIC) B.C./Yukon.

International students could previously apply for a work permit after their graduation from university only after they had found a job pertaining to their field of study. Work permits were then issued for one or two years (depending on the location in Canada) and after these permits expired many students didn't have enough work experience to qualify for permanent residency.

But with B.C. taking in almost as many international students as Ontario did last year, many skilled workers are available for filling positions in the province.

"It's a very big factor here in B.C. — international students in the post-secondary program," said Vermette. "Quite frankly, CIC changed our policies because we realized these are future immigrants."

The new extended work permit is designed to enable students who studied in Canada to remain in Canada. After completing a four-year degree program, international students are now eligible for a three-year work permit.

"The changes in our rules and regulations will help make Canada a more attractive destination for international students and increase Canada's ability to retain the students once they graduate," said Vermette. "International students who choose to stay in Canada after obtaining Canadian qualifications and skilled work experience will help increase our competitiveness and benefit Canada as a whole."

Vermette said open work permits will provide more employment opportunities for international students and help them integrate into Canadian society. The permits will also help make international students qualified candidates for permanent residence and Canadian citizenship.

JENNIFER ZHOU GRAPHIC

"It's a major change from the previous program, so it's a definite improvement," said Pierre Laliberté, manager of UVic's International and Exchange Student Services. "It's a really good opportunity for the students."

International student Max Sussman shares Laliberté's enthusiasm for the revamped program.

"As someone planning on staying here, all I can say is I'm glad I have this option," Sussman said. "It would be a tough decision moving here permanently, but having the option being so easy — it's a nice comfort."

Sussman, a California native, said he can see how the new work permit program is especially beneficial to international students from poorer countries.

"International students from less-developed countries have much to gain from Canada's doors being held open to the educated foreigner," said Sussman. "This serves to further connect the nations of the world... I love it."

Changes to the work permit program correspond with the recent creation of the Canada Experience Class, which will provide a new category under which international students can apply for permanent residency.

For more information, students can contact UVic's International and Exchange Student Services at 250-721-6361.

UVic student killed in July shooting

Cody Willett

Third-year UVic psychology student Philbert "Phil" Truong died outside a View Street parkade when he was shot in the heart on July 19.

Forty-five minutes after the Red Jacket Lounge and Cabaret closed that night, bullets felled Truong, Robin Lepard and Binh Truan Le as they left the club.

Witnesses say that the assailant jumped out of a passing taxi cab and ran at the victims, shooting. There were claims that Le had engaged in an argument with a man as he left the club and that the incident may have been connected to the shooting.

Le, in critical condition for days following the tragedy, was hospitalized at Victoria General Hospital, while Lepard sustained a gunshot wound to the arm.

Thanks to many eyewitness tips to police, the area was sealed off and two suspects were apprehended within an hour of Truong's murder.

Somphavanh Chanthabouala, 22, and a 16-year-old youth, whose name is withheld under to the Youth Criminal Justice Act, were charged with first-degree murder and two counts of attempted murder.

The cases remain before the courts.

Court records indicate that Chanthabouala was free on bail at the time of the shooting, with unrelated drug and gun charges pending. Bail terms stipulated that Chanthabouala was not to be in possession of firearms.

While the shootings shocked and saddened residents of Victoria, Truong's murder marked the City of Victoria's first homicide and the region's third this year. The last downtown shooting occurred five years ago, according to Deputy Police Chief John Ducker.

Truong, whose family runs an Oak Bay pizza parlour, lived in Victoria nearly all his life. Upon graduation from UVic's Psychology program, he hoped to join the RCMP.

Friends say Truong had a passion for cars and worked on his tuned Honda Prelude when he wasn't busy with school or work at an American Eagle outlet.

Maria Konstantinov, a school mate of Truong's from Colquitz Middle School, echoes the sentiments of many that knew him, saying he was "extremely considerate and friendly."

"Phil played hockey with me. He was the fastest skater in the entire league," said Jason Cridge, a teammate of Truong. "I'm not trying to inflate this fact. He was actually the fastest."

Others noted that Truong was a happy guy who laughed all the time.

"It's scary that such a horrible thing can happen to such a normal kid," said Cridge. "He was just like any one of us — [he went] to UVic, played hockey and wasn't involved in anything bad."

About 100 friends and family members of the slain 20-year-old attended a memorial service held at the McCall Brothers Funeral Home on July 26.

JOSH SZCZEPANOWSKI PHOTO

Red Jacket club was the scene of the year's first homocide in Victoria.

Budget cuts won't stay unnoticed

Scott Daly

Almost six months after the decision, the B.C. government is weathering increased criticism for cutting promised funding to the province's universities.

The NDP claims that in addition to the two per cent cut made in operating budgets to universities announced last March, the government will be cutting student financial assistance by a further seven percent this year.

"Why did the B.C. Liberals abandon their promise of stable, secure, multi-year funding and impose last-minute unilateral cuts of $50 million on our colleges and universities?" asked NDP advanced education critic Rob Fleming in a statement.

UVic will be receiving $4.2 million less in its operating budget than what was originally promised for the 2008/2009 year. With the cuts announced only three weeks before the start of the fiscal year on April 1, UVic decided to stay with its original budget for this year and make the necessary reductions next year.

While university administrators have not finalized how UVic is going to overcome the shortfall, this reduction is expected to result in a loss of 22 to 30 faculty positions and 125 course offerings. Funding for support staff and Teacher Assistants will also be affected.

The government has defended its actions, saying that funding to UVic is still going up by $6.1 million this year and that the remainder of the funding that was originally allocated to UVic is being redirected to areas like training for nurses and the trades, and to Aboriginal learners.

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EDITORIAL

Recession old news for students

From the way you hear it on the 6 o'clock news these days, you'd think the impending recession will have everyone out on the street in no time. People who've saddled themselves with debt to buy houses and Hummers on easy credit are now figuring out that the binge consumption party is over.

Welcome to our world.

To be a student is to be living in a permanent state of recession. With a lot of determination and hard work we just manage make educational ends meet — barely — all the time, with nothing extra to go around.

While the rest of the world stresses over the troublesome value of their jobs and possessions, students should be so lucky as to have such assets to lose. But while some politicians claim we've subverted the recession, that it's over already, this begs the question: over for who? Certainly not for us.

Students on a whole are already well accustomed to the kind of hardship the victims of a recession will face. Many of us start out with little or nothing to begin with. We're up to our ears in student loan debt, we don't own anything to draw equity from and we manage to stay fed and off the street with sometimes more than a little help from our family and friends. Those lucky enough to have a job are often under-employed, but at least they might not have to rely on the government to keep them going.

In a recession, jobs are scarce and it's often not what you know, but who you know that determines if you're making any money. Students might have learned more than enough to be successful in one of the few jobs accessible to them, but it's the lucky ones with experience that have the contacts necessary to get a foot in the door.

But it's society's most vulnerable that are savaged by the tightening belts in a recession. With everyone too busy looking out for themselves, and the government rolling back assistance funding to stay solvent, those with disabilities face the times at an amplified disadvantage. It's no different for those disabled who enter the scholastic recession.

Students with disabilities are even less likely to have part time work while in school, and graduate with greater debt because it takes longer to complete an education. They're also less likely to find well-paid work — or sometimes any work — after graduating.

Two thirds of B.C. employers report that they have no disabled employees, and it's not surprising that the unemployment rate of people with disabilities, regardless of their education level, is significantly higher. For some groups, like the blind, that rate is 90 per cent.

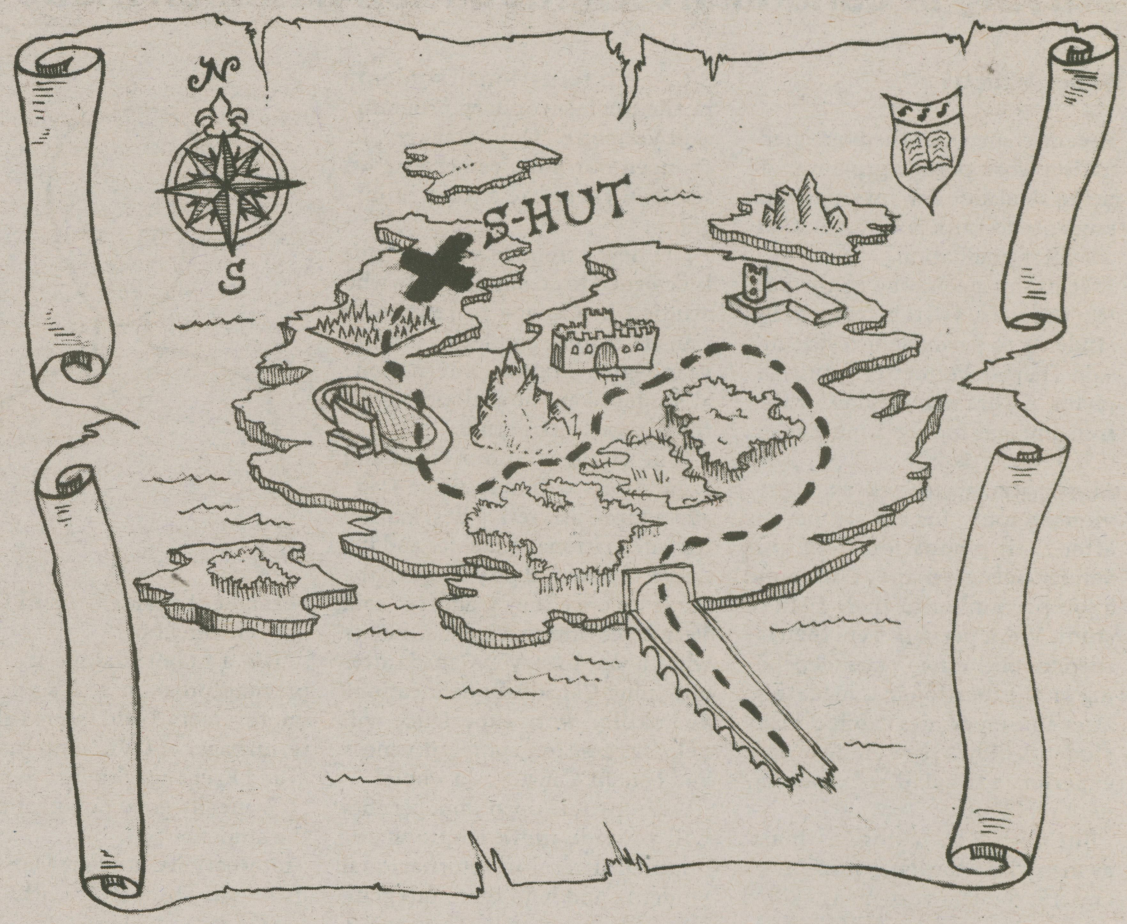
Still, we follow through, knowing that if there's one thing we can count on, it's that being a student and getting an education is a struggle we'll never regret undertaking.

Interest rates could go up, making the burden of our loan debts unbearable. More students than usual could be forced to declare bankruptcy before they can get jobs in a scarce economy. Yet the silver lining is that no one, including desperate governments and insolvent banks, can foreclose on our education.

It's the lessons we learn as students staring down the spectre of recession that will help us fix the system that got us here. Having the courage to get up each day with the intent of making it through no matter what difficulty we face is an example to a world losing confidence in itself. No recession, be it personal, global, technical or mental, will curb our desire to leave the world a better place than we found it. If anything, it lets us know we've got work to do.

Editorial topics are decided on by staff at our weekly editorial meeting at 12:30 p.m. every Friday in the Martlet office (SUB B011). Editorials are written by one or more staff members and are not necessarily the opinion of all staff members.

THE CLASS FINDING TREASURE HUNT



MARC JUNKER GRAPHIC

LETTERS

School should stay free

The BC School Act guarantees the legal rights of all school-age children to a complete education program leading to graduation in public schools, free of charge.

There are no exceptions.

Also, the Act requires public schools to provide school-age children with all the necessary learning resource materials, even pencils and paper, free of charge.

In two B.C. Supreme Court lawsuits, the Court ruled that any and all courses leading to graduation had to be provided free of charge.

The Act requires schools to provide school-age children only with those programs that are authorized and approved by the Ministry of Education.

Few parents realize that they may send their children to public school, from Kindergarten to Grade 12, in September and throughout the year, without money for any fee, deposit or charge whatsoever — and that their children cannot be made to suffer any penalty or denial of services.

The School Act was designed to protect the legal and educational rights of children to a free education.

These rights cannot be denied by any school authorities (including boards, principals and teachers) for any reason, including non-payment of fees, deposits or charges. That's exactly the way it should be. No exceptions.

John Young,
Community member

Record checks don't value justice system

With only one recorded allegation of sexual assault last year, assaults on campus are at a record low.

To require a criminal record check to individuals living in residence does nothing to honour the fact that these people have served their debt to society for the crimes they were convicted of. To punish them further by denying them residence is unfair to the justice system which convicted them.

I think it is noble to want to reduce sexual violence on campus. But what is even more noble is to accept the ability of the justice system to rehabilitate former offenders and give them the opportunity to mingle with the rest of society unobstructed.

Kelsey Hannan,
UVic student

'Green Shift' great news

It's silly that people don't understand the difference between a fuel surcharge and a true carbon tax. This is due to an unfortunate misinformation campaign by the federal Conservatives, and a poor example being set by the B.C. government.

The provincial government's fuel tax masquerades as a 'Carbon Tax.' This has been done for political purposes, and it's absurd that most environmental NGOs are supporting it as it only really affects consumers — not industry at all. That will not provide any incentive for industrial innovation at all.

However, the 'Green Shift' (revenue-neutral Carbon Tax) will. Likely, the incentives in it for industry and consumers to move towards a more efficient, less-resource intensive economy can only be as beneficial for Canada as dealing with a shortage of resources has for other countries such as Japan.

We are losing out on the "green boom" if we don't make these changes. Northern European countries have already implemented carbon taxes as well as having a heavy tax burden, and they have some of the most productive economies in the world.

Green technology is a big business. I applaud Stephane Dion for having the courage and conviction to tackle this problem head-on regardless of the consequences to him and his party. This, in spite of the "politics as usual" being played out by the Conservatives and the NDP. It's great news for Canada.

Jaya Seeley,
Community member

Global warming not proved

After reading the "Carbon tax just the beginning" article last issue, I believe Aron Strumecki's father isn't being abstract about disagreeing with the idea of global warming.

He's probably read more about the issue than seems obvious.

There are plenty of fundamental facts getting the short shrift because they aren't alarmist. Facts like: most of the warming in the past century occurred before 1940 — before CO_2 emissions could have been a major factor; that professors from universities like Harvard, Columbia and Berkeley argue that global warming is at best unproven, and at worst pure fantasy; that the spread of malaria is unaffected by global warming, and that computer simulations are not real-world data and cannot be relied on to produce reliable forecasts.

Right now we're all being asked to believe in the theory of consensus science. I'm sure you remember when the consensus was that the continents didn't move. Plate tectonics was finally proven with the advent of the submarine and sonar.

Please keep all of this in mind the next time an alarmist bureaucrat insists on laws based on pick-and-choose science. At least until the theory comes out of consensus and enters scientific fact.

Jake Marlin,
Community member

Happy? Sad? Enraged? Engaged?
Tell us: letters@martlet.ca

The Martlet has an open letters policy and will endeavour to print every letter received from the university community.

Letters must be submitted by e-mail, include your real name and affiliation to UVic, and have "Letter to the editor" in the subject line. Letters must be under 200 words and may be edited.

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MELODRAMATIC MUSINGS

I fell in love with a lesbian

Will Johnson

I fell in love with a lesbian this summer.

I hadn't planned it that way; I just met this girl at a hostel in Whitehorse and we started hanging out. One day we went swimming and I kissed her, while we floated and flirted in the pool.

"Just so you know, I'm not going to fuck you," she said.

Turns out, she's into girls. A lot of things go through a guy's head in a moment like that. Things like "oh, shit" and "why me?" and "hmmmm...."

But I liked her. I really did. And either way, I wanted to keep her around.

We had fun together. We took pictures on the "Welcome to Whitehorse" sign. We jumped off bridges, went for hikes, skinny dipped in a partially frozen lake. She was beautiful and 19, and I was in a new city with no friends.

As it turned out, she changed her mind about me a week later. I think she was as surprised as I was (I had resigned myself to a sexless friendship and was trying to focus on other things). Also, alcohol might have slightly influenced her decision.

She didn't make a big deal about her change of heart, and neither did I. It just was what it was.

Things worked out nicely for a while. We met after work and went on our adventures. We encouraged each other to do things, like going for hikes or road tripping to Alaska. We took white water rafting guide school and she quit her job. We smoked salvia for the first time.

Then came the questions.

Where is this going? What is this? What should it be?

I remember talking to a buddy of mine. I asked him why he'd broken up with his girlfriend. He shrugged nonchalantly and informed me that they weren't compatible; they just didn't have "a future."

His comment bugged me. I realized I had no future with Cat. In September I'd be back in Victoria, and she'd be heading to Costa Rica. We had different goals, different lives. Then, of course, there was the fact that no matter how she felt about me, she was still a lesbian.

It irked me for a while, but I got over it. We may not have had a future, but we had a present. And we had all kinds of things to do. One day, just for fun, I shaved her head.

But as these things so often seem to, the relationship eventually went sour. With a curdled concoction of bizarre emotions, miscommunications and hurt feelings came the reality of trying to be some sort of couple, something neither of us seemed to be capable of doing.

Ultimately, I lost sight of my own expectations. Did I really believe I could make it last with a flighty teenage hippie lesbian? What were we going to do — get married?

Sitting in my car at the end of the summer, we tried to talk things though and figure out what went wrong.

There were a lot of "what ifs" and "if onlys." But the fact was, here we were with a less-than-perfect summer fling.

I wanted to apologize, I wanted to explain, but finally she just said: "It just didn't work. That doesn't make me bad, that doesn't make you bad; it just makes this done." Then she shrugged, and gave me a slightly sad grimace.

A couple days later I drove her up to the side of the Alaska Highway and dropped her off on the side of the road. After a long, quiet moment she kissed me and I said goodbye.

As I drove away, I saw her stick up her thumb in my rearview mirror.

Government arrogance fuels budget cutbacks

Edward Pullman
UVSS DIRECTOR OF ACADEMICS

This summer, while students were working hard to save up for the school year, travelling to far and distant places for another kind of education, or just mooching off their parents, university and college administrators have been struggling to deal with a $50 million cutback to their operating budgets.

B.C. post-secondary students can expect to see larger class sizes, cancelled courses, and reduced services and support, as well as the threat of cancelled programs. At UVic, the cutback has resulted in a $4.2 million shortfall in the budget. Given the fact that a very large percentage of university spending is directed towards salaries, this shortfall means positions will remain vacant when faculty and staff retire. Within the Sciences, Social Sciences and Humanities faculties, 14 faculty positions have been left vacant, meaning at least 70 fewer courses will be taught this year than last.

In addition, the average faculty member brings in roughly $150,000 in research grants (from outside the province in the form of federal research grants, fellowships and so on). That grant money is used to purchase books and equipment, hire research assistants and travel to conferences, among other things. The implications of these cuts extend far beyond the classroom. The UVic community is being deprived of millions of dollars in valuable research money that sustains and enhances a wide array of activities on our campus. Meanwhile, the meager additional funding from the B.C. government is not keeping pace with growing enrollment, resulting in the declining quality of a post-secondary degree.

Despite these cutbacks, the provincial government is using smoke and mirrors to hide its poor record on post-secondary education funding. It has created five new "teaching universities" out of existing university colleges, and claims that there has been a 40 per cent increase in funding for universities and colleges since 2001. Despite this apparent increase, UVic and other universities are cutting classes and services and tightening their belts in anticipation of another funding cutback next year.

How can one explain this discrepancy? The 40 per cent increase the government is promoting is taken from annual budget estimate documents. However, actual money spent can differ significantly from budget estimates. Using the Ministry of Advanced Education's service reports, which better accounts for total spending for the year, we only see a 24.1 per cent increase in funding since 2001. While this is an increase, it has been largely negated by large increases in enrollment and inflation. Universities and colleges are receiving less funding per student now than they were in 2001.

In addition, inflation has meant that those increased dollars colleges and universities are receiving are worth 15 per cent less now than they were seven years ago. This government is clearly more interested in hiding behind invented numbers than owning up to their real record on education. This is not the back-to-school welcome students should be receiving. The B.C. government has posted a $2.8 billion surplus this year. Given the specter of an economic recession and constant calls for a more educated workforce, it is baffling that the government has shown contempt towards the very institutions that train and equip the citizenry with the knowledge and skills needed to become productive, tax-paying citizens.

The continuing decline in per-student funding sends the message that students today are worth less than students seven years ago. We are paying for more than our fair share of the cost of our education already. The quality of that education should not suffer because of this government's arrogance.

September: the new New Years

Aron Strumecki

If ever there were a time for new beginnings, it would have to be September.

For students, it's not hard to understand why — you only have to look around the sea of brightly scrubbed shining faces wandering around campus. And it doesn't matter whether you're a grizzled veteran or a new student: this is the time of year when we all look forward to the raw possibility of an unwritten tomorrow.

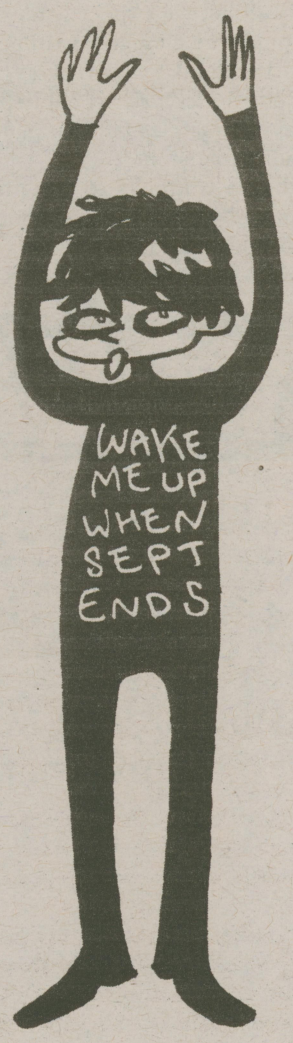
It was my friend Jared who got me thinking that September should be the real New Year. Like most of our conversations, it started out innocently enough. It was summer and I was about to go back to school, while Jared was trying to work for a living. I was looking forward to my upcoming endeavor and said as much. Jared scoffed at me.

"I don't know why you're so eager to spend your money," he said. "Sooner or later, everyone has to work. You might as well get used to reality."

I agreed, but noted the great thing about September; that it's a time of hope. It's also like Mondays — everyone knows they have to work, but the weekend is like a reward for really throwing your back into it all week.

Jared rolled his eyes. "Sure, it's a reward as long as you don't have to work through it all, but I guess it's sort of like the natural start to New Years."

We laughed, but what he'd said had gotten me thinking. The technical New Year begins in January, but after the hangover and half-hearted resolutions have worn away, all you're left with is a bunch of new numbers. For many first and second year undergraduates, September represents the first steps towards real meaningful independence. For third and fourth year students, it's about being one step closer to a lifelong career and horrifying freedom. For faculty and staff, it's about new classes, new faces and new student papers. For parents it's about watching their babies take flight (and getting back to work themselves).



JENNIFER ZHOU GRAPHIC

I know, much like my friend Jared, I could be working in another nameless job doing something that doesn't matter to me. And I know I'm going to spend a lot of money pursuing the possibility of a "new" tomorrow, but I also know I'm looking forward to the months ahead; the ones where I get to know new people and open up my horizons. If that doesn't beat out January for a meaningful new year, I don't know what will.

Have a great September.

'Green Shift' debate now just a political tantrum

Cody Willett

The debate that was supposed to be sparked by the federal Liberal 'Green Shift' environmental policy has turned into nothing more than a shameful squabble.

Who's to thank for making the issues at stake here about partisan politics, rather than about the people and the planet's health? The mainstream political parties. By scoring simplistic soundbyte shots at other politicians' ideas, the parties have distracted not only the media's attention from the policy at hand, but also the people those policies might one day serve.

The politicos and pundits are (as usual) the ones to blame, even if it can be attributed to drumming up that righteous election fever. While they're drawing lines in the sand and setting the terms of debate along tired tax-and-spend narratives, everyday people are rolling their eyes and tuning out — we shoulda figured this would happen.

Canadians know that Canada stands as a laggard in our efforts to curb (let alone decrease) our greenhouse gas emissions. And we want to do something about it. While it's easy enough for everyone to be doing the little things here and there to decrease CO_2 emissions, we expect leadership to push the change on things we can't amend by ourselves, like other peoples' driving habits, gas-heavy industries and rampant tar sands expansion.

The willingness to tax pollution and transfer the revenues to individuals and businesses ready to invest in "green" habits and technologies is leadership. Simplifying the message to "tax or no tax?" belittles substantive arguments about what the tax aims to achieve.

The federal Liberal 'Green Shift' plan aims to do much the same as the BC Liberal plan, although gas taxes won't increase for four years. A price on all other carbon fuels will bring them from $10 per tonne in the first year to $40 per tonne in four years.

The plan claims to generate over $15 billion dollars by year four, and the Auditor General would make sure every penny of this would fund tax cuts on personal and corporate earnings.

Yet, our own prime minister plumbs the depths of intellectual dishonesty as he bellicosely derides the 'Green Shift' as the 'Green Shaft.' Let's forget for a minute that our PM is criticizing policy with sodomy references.

What will really "screw" Canadians, as Harper is fond of putting it, is making them afraid of bold proposals. Maybe there's a better way for the feds to fight global warming (it's clearly not through Conservative "intensity targets").

But if the PM really wants to emphasize his leadership credentials over Liberal leader Stephane Dion's, then he'd better stop the bully smear and start proposing the best policy; at least one that can stand up to honest debate.

The 'Green Shift' is easily criticized for being a wealth distribution scheme as much as it is an environmental policy. Whether you think redistribution is a laudable goal or not, it certainly attracts descriptors like "social engineering." The plan is also susceptible to claims that certain regions will bear the brunt of the tax burden, effectively siphoning wealth from the rich oil provinces into the beleaguered manufacturing ones

You can almost hear the echoes of a "Let the Eastern Bastards Freeze in the Dark" campaign coming in the distance, and the Liberals have failed to produce a set of compelling defences to such charges.

At least mainstream media hasn't tuned into these defences in their coverage of Canadian politics this summer. It seems the only things getting much coverage at all are the constant barrages of simplistically childish attacks by a government on the (offensive) defensive, and the cross-country rallies being held to float election-threat trial balloons. As the Liberals quietly sell their plan at summer barbeques, one has to wonder if people really are grasping the plan, or if the roar of the PM's political bluster has simply deafened Canadians to the pitch of policy.

One thing's for certain: if Canadians can't hear it, they can't make informed decisions about it. Few agree that the Conservative's modest caps on industrial polluters will actually halt the growth of emissions, let alone roll them back when individuals are let right off the hook. And since when are Conservatives against cutting taxes?

The federal Liberal approach counts supporters ranging from David Suzuki to the Canadian Council of Chief Executives — but who's counting? If environmental experts and business leaders could agree, at least that would be one step toward a realistic solution.

Tough crowd: the post-Bush America

Spencer Anderson

On Aug. 27, 2008, the Democratic Party of the United States of America shattered the crusty mold of history by selecting an African American as their presidential nominee.

Obama's candidacy alone will not heal the wounds caused by hundreds of years of racial divides; however, it has allowed a new political dialogue to begin to take shape. An extraordinary achievement.

Be that as it may, Obama's entry into the Oval Office (should he achieve entry) will be marked most consequentially by the legacy of George W. Bush's administration.

The chants of "Yes we can," the unlikely narrative of the son of a Kenyan father and a Kansas mother, the toppling of a Clinton juggernaut and the millions of dollars in grassroot support will evaporate from the political consciousness of the world as surely as did the image of a Texas governor who vowed a foreign policy of peace and non-interventionism, an economy of balance and prosperity and a government which would respect above all else the rights and privacy of the individual.

What will remain are the challenges that Texas governor will leave to Obama.

Obama will inherit the largest deficit in American history. Bush stayed true to his conservative roots by doling out substantial tax cuts. But he also increased spending by record amounts. As Luiza Ch. Savage points out in his Maclean's essay, "The Shockingly Liberal Legacy of George W. Bush," the two do not mix.

Obama's presidency will have to address the sad state of spending priorities in the U.S., and inevitably his best efforts will be lauded and lambasted. Balancing a checkbook which cannot be sustained, but whose numbers many are loathe to part with, is a messy task. How he does it will shape the class system in America.

Bush's America has been free of terrorist attacks since 9/11, but it has come at a heavy price. Wiretapping measures have been largely covered in the media, but what is often left out is the fact that the Bush administration has carved out significant new conventions of presidential power, including the right to designate what sort of treatment terror suspects will be subjected to. Obama's choice will be stark: accept the new powers as necessary additions to the presidential toolbox or reject the premise of the new powers entirely. If he does the former, Obama will have legitimized a major component of the Bush presidency: a broader, more powerful executive branch, a gross distortion of his campaign's mantra "Change."

Obama must contend and work alongside with a politicized civil service and a judiciary stacked with Bush appointees. If the Republicans make headway in the 2008 midterm elections, he may have to work with a more conservative congress to deal with the scars of war in the Middle East, a healing process that will span well beyond his own presidency.

He will be judged on how he repairs severed relations with all states, both democratic and rogue, all alienated. Bush's rhetoric of "with us or against us" was a deeply flawed stand, but it was a clear stand. Nuance can be a slippery slope, and Obama will be scrutinized on how and when he converses with the global community. The standard will be higher, thanks to the lows of Bush's presidency.

In the end, it will matter how many Chicago slums Obama rescued about as much as it matters how much brush George W. Bush cleared away at Crawford Ranch: zilch.

Soon Obamamania will be nothing more than distant nostalgia from the simple era when "anything but the Republicans" was good enough. An Obama presidency will be judged as intensely as the Illinois senator's campaign was praised. Great things will be expected by the public, and in a post-Bush regime, resources may be scant to deliver.

Delivering, however, will constitute Obama's record.

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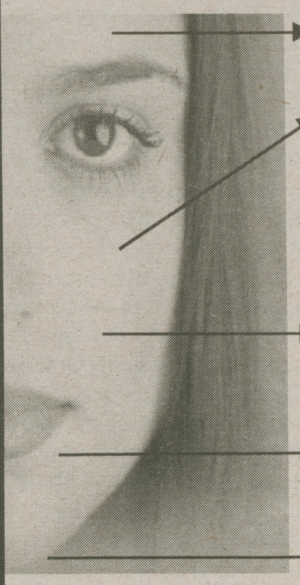
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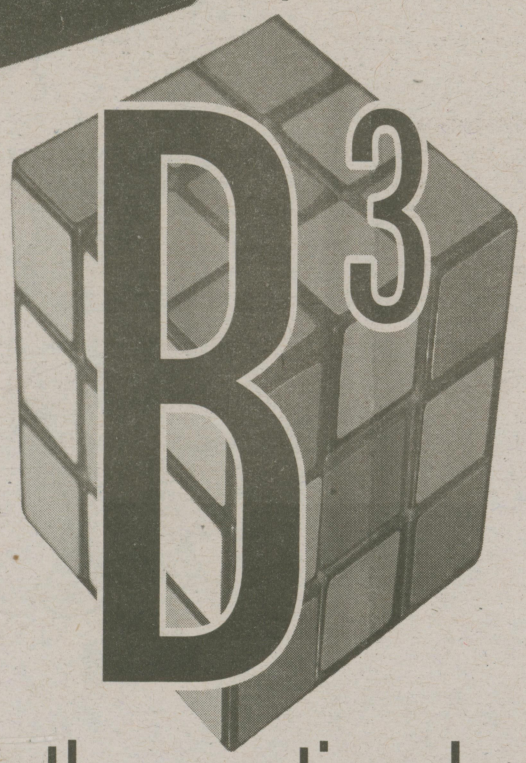

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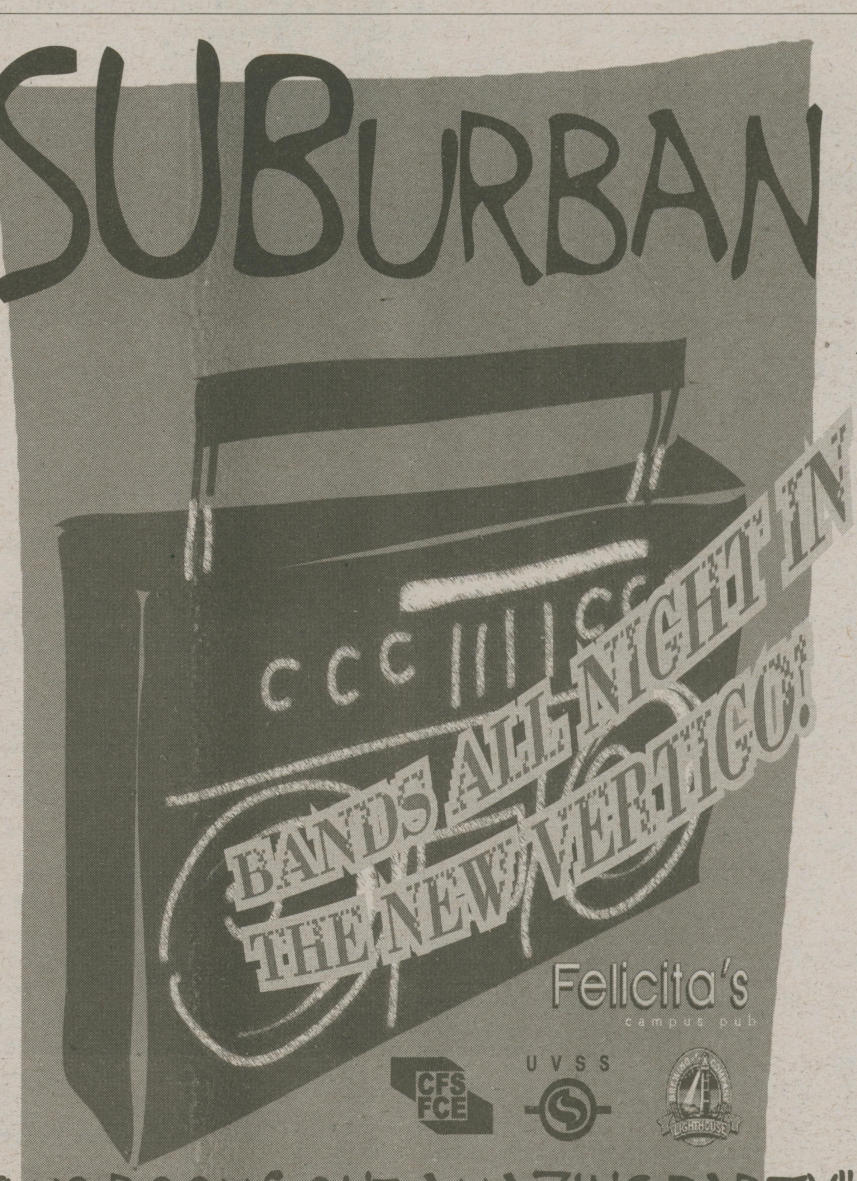

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HEELS AND HOSTELS

Traveling on low cash leads to shampoo pilfering

Meghan Nay

It was bound to happen eventually. I stared at the screen of the ATM — account balance: $40.

It was official. I was broke.

After eight months of traveling, eight months of buying too many drinks and too many clothes, I had finally run out of money. It was time to find work. Real work.

Sure, I'd had a few odd jobs along the course of my journey. I spent two painful weeks at a butcher's shop where the staff thought it was hilarious to lock me in the deep-freeze with the hanging pigs. I also had a brief stint at a child-care centre where I learned (among other things) that Aussie children pee on you, bark at you and draw dirty pictures. Then of course there was cleaning gig, that had me thrusting my arm down dirty toilets, mopping up used condoms and battling types of mould I've never even seen before.

It was easy to be thrilled about landing a job at a brand new restaurant/bar right on the esplanade in Cairns. It was a great location, trendy, fun and hanging-meat free. The problem was, it wasn't open yet — and the grand opening kept being pushed back.

On Monday my boss told me we'd all begin on Tuesday. On Tuesday he told me Thursday, and by Friday he had stopped calling. But I was assured it would be open soon enough, and when it did I'd have more work than I'd know what to do with. So I held out.

Enter my extreme budget.

I had $40 to last what could be over two weeks without income. Thankfully, my accommodation was sorted (I was still cleaning rooms in my hostel, wishing people would learn to flush). Food was a different story.

My fridge was empty and I'd had to get creative. I used half my money to stalk up on the backpacker specialties — baked beans, instant noodles, no-name cereal that tasted like cardboard. I learned you can make 11 peanut butter and jam sandwiches with one loaf of bread. I also made a habit of pinching food that guests left behind. Half cartons of milk, pieces of bread, cheese slices — you wouldn't believe some of the stuff people ditch. I found a new pair of shoes, a sleeping bag, a bottle of vodka and a diary filled with juicy stories (which, naturally, I read).

There was also the hostel's weekly Wine and Cheese Night — four large platters of diced veggies and dip, an assortment of fancy cheeses, sandwich meats and crackers.

It's like bloody Christmas.

Unfortunately, this food was meant exclusively for the guests, so I had to formulate a strategy for obtaining the maximum goods. As the staff brought platters upstairs, I lingered a moment to, you know, make sure the food looked just right. Once they disappeared down the stairs, I attacked.

I was like a seagull to a French fry. I stacked a plate with carrots and chicken. I filled zip-lock bags with pieces of cheese. I stored hardboiled eggs in my bra.

Well, I at least considered it.

By the time the time I left the plates there were huge gaps in the food. I'd carefully rearrange the leftovers so it appeared less scarce. Which never really worked. But I had lunch and dinner for the next two days, and felt rather smug about the operation.

Though I was successfully getting a lot of food, after a week I began to feel my lack of fruit and veg. Luckily, there was a nearby farmer's market every Sunday where shoppers could buy beyond-cheap produce — especially those who know what they're doing. Sunday afternoon I grabbed my duffel bag and a very loud friend, and headed for the market.

JENNIFER ZHOU GRAPIC

We intentionally showed up 10 minutes before closing when the prices were already jacked down — when the clerks battle for the best sale. There's sweating and fist pumping, yelling and arguing.

"Five dollars for a kilo of potatoes!

"Four dollars!"

"Three-fifty!"

Rather than become overwhelmed by the crossfire, I smiled. I figured I'd simply use the master bartering skills I picked up in Thailand.

"I'll give you 50 cents," I smirked. The man looked at me like I'd just offered a penny. Perhaps I went too low. "Um, a dollar?" I mumble.

"Fine," the man replied, and tossed me a kilo.

Ah-ha! Ill have mashed taters for weeks.

While obtaining food was hard enough, toiletries were an entirely different story. Toothpaste, deodorant and soap are treated like gold in our hostel. It's known but unspoken that we all steel from each other. I swipe toothpaste from Lydia. Lydia takes body wash from Laura. Laura nicks shaving cream from Christina. And Jonna — well, she takes everything from everyone (I once caught her stealing my underwear).

It's when we all run out of the same product that things really become a problem. At one point there was a shampoo war going on for two weeks. All of us were out and too stubborn to buy more. One look around the staff room and all you'd see is six greasy-haired girls glaring at each other. It took nine days before somebody caved. The staff room reeked.

I was doing okay with the basics, but with no funds, what about my social life? Did I sit at home watching TV? Did I take up knitting? Did I exercise? Don't be silly.

Two words: ladies night.

Every Thursday from nine to 11 girls drink free champagne in town. At the hostel, this was treated like an Olympic sport. For those two hours we don't speak, we don't dance. We drink champagne.

The conversation on a typical Thursday goes as follows:

Me: "You think we should —"

Jonna: "Ssh."

Me: "Do you want to —"

Jonna: "Ssh."

Me: "But—"

Jonna: "Ssh."

Irresponsible? Maybe. But with an account balance of $40, there was no room for error. Needless to say, there was no need to buy drinks after that (or trying to walk straight for that matter).

So between the food stealing, the shampoo pilfering and the drink chugging, I was quite pleased to find that in my resourcefulness I had only managed to spend $38 in nine days. But when my boss called to inform me the restaurant opening would be delayed for another week did I consider slogging it out with my remaining two bucks?

Hell no.

Time to beg my parents.

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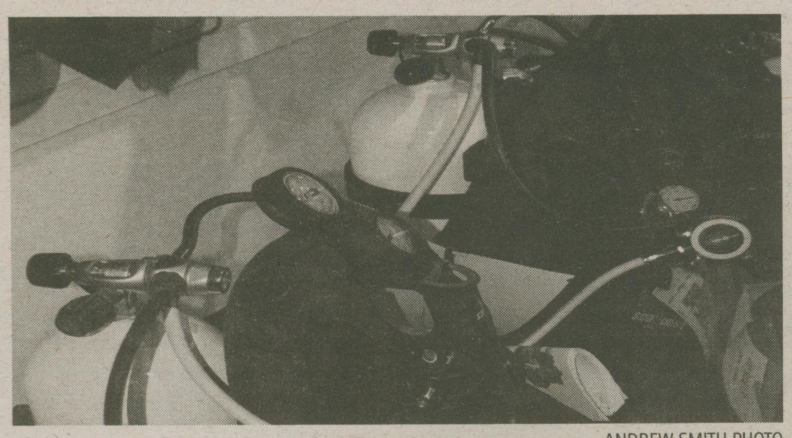

ANDREW SMITH PHOTO

Scuba diving isn't as expensive or difficult as many assume.

Scuba: a deep obsession

By Andrew Khalil
EXCALIBUR (YORK UNIVERSITY)

TORONTO (CUP) — The first time I ever had the feeling of breathing underwater I was 12 years old in a pool with several other people, all of whom were sharing the same experience. It changed me forever.

From that moment on it became my lifestyle and my passion, and since I first started scuba diving eight years ago, it has taken me places that most people have only ever seen in pictures.

Many people wonder how they can experience diving for themselves, but believe it to be too difficult and expensive, or that it requires too much training. Contrary to popular belief, scuba diving is not a difficult activity to learn. The prerequisites are: good physical health, the ability to swim and some basic math.

The first step is getting your license, which you can do at almost any dive shop. While there are several certifications you can eventually attain as a diver, your first one is called your "open water certification." This license is valid internationally and does not expire, but it's recommended that you dive at least every six months to keep your skills sharp.

To get the license, you'll have to take a scuba diving course. Courses vary depending on the location and certification agency, but in general you can complete your open water course in anywhere from two weeks to a month. All courses are divided into three parts, consisting of classroom, pool and open water sessions.

Before you even get wet, you'll be spending roughly half the course time in a classroom setting. It may sound mundane, but it is critical to understand several concepts before you're in the water.

You'll be taught basic physics about pressure and how it affects you while you're diving. You'll also be shown safety videos, and likely get a primer about the skills you'll be learning later on in the pool. It's crucial to understand how your body is affected by pressure and to be able to calculate how long you can safely stay at a given depth. While there is some math involved, it's simple, and not meant to be an obstacle for anyone.

Eventually, the time will come where you'll be off to the pool to learn how to dive. Equipment will be provided, but it's usually recommended that you purchase your own mask, fins, snorkel and weights beforehand since these are items that need to fit you much more than the other gear. If you get cold easily, a wetsuit might be a good idea for the pool.

Usually the pool sessions start with some basic snorkeling skills, such as the proper ways to kick using fins, and how to clear your snorkel if it fills with water. After a warm-up, you'll be taught how to assemble your scuba unit and put it on. After swimming on the surface to get the feel of it, then you'll finally be able to experience your first breath underwater.

From this point on, the instructor will teach and demonstrate all of the other essential skills that you need to know in order to dive proficiently and safely. The key is to practice them until they come naturally. Don't forget to enjoy it and make the most of the time with the instructor — he or she can help you perfect specific skills you might be struggling with.

At the end of the course you'll have a written exam, on which you'll need to achieve a certain score (usually around 70 per cent) in order to pass the course. The exam is often multiple-choice, and you'll get more than one attempt if things don't go as well as they should your first try.

Once you pass the exam, there is one last thing you need to accomplish before you can be a certified diver — your open water dives.

If you would rather do your open water dives somewhere a little warmer (possibly on your next vacation), a letter from the instructor can be obtained explaining that you've completed the classroom portion and would like to do the open water dives elsewhere. Your first four dives can be considered your in-water exam — you'll have to prove to your instructor that you're capable of diving safely without constant assistance.

After you come back, you'll be ready to dive with friends (away from your instructor) giving you the freedom to truly explore and enjoy the new world to which you've just received your passport. Have fun.

Real Indian street food not for faint of heart, says traveler

Penny Beames

You smell it before you see it. Something sweet and spicy wafts through the market, over the dirt, through the crowd and dogs, making your mouth water.

It's tantalizing.

It's dangerous.

It's Indian street food.

Eating in India is always an adventure. There is an almost unending assortment of spices and flavours that vary by region and season. And because of migration to larger cities, if you're in a metro like Mumbai, Delhi or Bangalore, you can find restaurants that cater to natives of just about every state.

Almost anywhere you go, you can find a South Indian masala dosa that'll set your mouth on fire, or a Punjabi daal with some spicy pickle and onions.

Unfortunately, every adventure has its downside.

India, with its densely packed population and lax approach to sanitation, plays host to a mind-boggling number of bugs the average Western immune system has never encountered.

What's a travelling foodie to do?

First of all, it's important to understand that, to some extent, gastrointestinal issues are viewed as an initiation to India. Mexico has Montazuma's Revenge; India has Delhi Belly. Though often distressing and inconvenient, if it doesn't develop into anything more serious, Delhi Belly should be viewed as a rite of passage. It's best for the sanity of everyone involved and will allow you to be prepared for inevitability.

Then, get your shots. All of them. Go to a travel clinic and inquire well in advance of your travel. This cannot be stressed enough.

Adopt the hand-washing habits of your average obsessive-compulsive. Most Indian food is traditionally eaten without utensils; gravy-based dishes are eaten with flatbreads like naan and roti, and rice dishes (if you don't have a spoon) are scooped with your right hand and pushed into your mouth with your thumb. Wash early, wash often.

Make sure your food is piping hot and cooked all the way through. Proper heating is the most effective way to kill anything nasty that's decided to camp out on your lunch.

Avoid cold raw veggies at all costs, unless you've had a chance to wash and disinfect them with bleach or iodine in the comforts of your own kitchenette.

If possible, eat vegetarian. Not even the Western world is impervious to meat-based gastro bugs, but in India the situation is more tenuous.

Plus, religions in India like Hinduism and Jainism observe strict vegetarianism, so veg food has had millennia to develop both in terms of flavour and nutrition.

Be very careful with street food. Some travellers prefer to avoid it all together, but if it's cooked properly, it can actually be quite safe. If it's cooked on the street, you have the benefit of being able to see the implements, chef, and ingredients all right there in front of you.

The idea of all these warnings isn't to scare potential travellers into choosing another destination. Even if spirituality isn't your gig, and you're not terribly interested in "finding yourself" in the alleys of Varanasi or Rishikesh, travelling in India is a life-changing experience.

Indulging in the food (and it is an indulgence — every spicy, flavourful meal) is an integral part of that experience and should be savoured.

Have a great time, just be wise about the choices you make — and be sure you know the whereabouts of every reliable toilet in your vicinity.

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RESEARCH ROUNDUP

Unhappiness of Olympic proportions

David Karp

It's not just fans that scrutinize athletes — academics do it too.

The availability of stats and videos make athletes ideal study subjects, and new sports research is being published constantly. This week, the Martlet takes a look at some of the most recent (and most surprising) sports research.

ANDREW SMITH FILE PHOTO

UVic Vikes defender Patrick Nelson takes a free kick, where the stakes are not as high as in a penalty kick shootout. A new study found that players who can lose the game with a penalty kick are more likely to choke.

Rings of sorrow

With all the fanfare surrounding the Beijing Olympics, did the event actually make Chinese people happier? A new study suggests it didn't, and that they might be better off hosting a soccer tournament instead.

A working paper titled "National Wellbeing and International Sporting Events," released last month by two researchers in London, England, found that hosting the FIFA World Cup or Euro tournament created a temporary "feel-good" factor in the hosts.

The authors used data from Eurobarometer surveys conducted by the European Commission, which asked people in 12 European countries about satisfaction with their life. They then looked at three Euro Cups, the 1990 World Cup in Italy and the 1992 Summer Olympics in Spain to see if the events affected happiness. They found that hosting a soccer tournament increased happiness by twice the amount that having a post-secondary education did, and equaled the happiness of getting married.

"Furthermore, it almost offsets the devastation of being divorced," the authors noted. But they also found the happiness from soccer tournaments didn't last long.

"Although we find the magnitude of hosting football events in comparison to a person being married, say, is large, the former effect seems very short-lived, while the latter effect is generally much longer lasting," the study noted.

But while soccer brought smiles, the study suggested the Olympics did not bring happiness, though the authors cautioned that this conclusion should be viewed carefully given that they only looked at a single Olympics event.

"It just might be the case that the Barcelona Games, while bringing joy to the Catalan minority in Spain, actually reduced satisfaction levels among the Castilian majority, especially since many Catalans used the event to promote Catalonia's independence from Spain," the authors suggested.

Steroids leave effects

Steroid scandals have plagued Major League Baseball recently.

With records being broken amidst allegations of steroids, fans want to know how much steroids have changed players' performance. A new study claims to have an answer: more than 12 per cent.

The paper, published in the latest Journal of Quantitative Analysis in Sports, looked at the offensive performance of 89 batters alleged to have used performance-enhancing drugs by the Mitchell Report. That report was the result of a 20-month investigation into steroid use and human growth hormone use in baseball by U.S. Senator George Mitchell.

By using runs created (a statistic that incorporates hits, walks, stolen bases and other measures of offensive performance to estimate the number of runs a player contributes to his team) the study creates 12 statistical models to estimate the effect of performance-enhancing drugs. The authors found that steroids improved performance anywhere from four to 18 per cent, depending on the model. But the authors' believed the best methodology was one that showed how steroid use improved a player's runs created by 12.6 per cent.

Human growth hormone had a different effect, however.

"All but two models show a negligible effect of alleged human growth hormone use on offensive production, and one of the models even shows a negative effect," the study said. "The weight of evidence from all of the models suggests that there is no effect due to human growth hormone."

Unsteady shooters

Taking a penalty kick to decide the winner of a soccer match is one of the tensest moments in sports.

Imagine what French defender Willy Sagnol must have felt taking a penalty kick in the 2006 World Cup final against Italy in front of 69,000 fans, knowing if he missed it would be all over for his country. After Sagnol scored, imagine what must have been going through Italian defender Fabio Grosso's head, knowing that he had a chance to win the World Cup for his country with a goal (he scored, making Italy the reigning world champs).

A study published in August's Journal of Sport and Exercise Psychology sheds light on the penalty shootout, finding that players whose team will lose if they miss indeed miss more than players whose team will win if they score. The study examined 359 penalty shootout kicks from some of the biggest soccer matches since the '70s — World Cups, UEFA Champions Leagues and Euro. They found that players scored more than 92 per cent of the time when their shot could win the game, but less than 62 per cent when the game could end if they missed.

The authors also found a relationship between the pressure and players' behaviour. When a missed shot meant a loss, players were much more likely to show avoidance behavior — sidestepping the pressure by taking their shot quickly or turning their back on the goalkeeper after placing the ball on the penalty spot.

"Avoidance motivation may help explain why professional athletes occasionally choke under pressure," the authors explained.

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Consequences of dehydration can be deadly

Laura Carlson
THE CORD WEEKLY

WATERLOO (CUP) — Hydration plays a key role in avoiding serious health risks for athletes — but many athletes aren't aware of just how crucial this step really is.

The Center for Catastrophic Injury Research released a 2007 report stating that 33 football players in the U.S. have died from heat stroke since 1995. Twenty-five of the deaths occurred at the high school level, five at the college, two at the professional and one at the casual level.

Douglas Casa, director of athletic training education at the University of Connecticut, has been conducting research related to heat and hydration with athletes for the past 15 years. He says there are three primary reasons why staying hydrated is important.

"One, to either maintain or enhance performance. Two would be to maintain or enhance psychological functions," he said. "Three would be reducing your health risks." He adds that staying hydrated is a method to avoiding heat stroke and heat cramps.

Casa explains that a person's individual sweat rate is what determines their fluid needs. The intensity of the exercise session along with the environmental conditions influence this rate.

"In the summer months, if someone tries to do something hard and in hot weather, that's when they're going to have their highest sweat rate," said Casa.

Since two individuals doing the same activity will lose different amounts of fluid based on their personal sweat rate, Casa recommends an individual and personalized hydration plan.

"You have to have a good feel of what your own individual hydration rates are; you can't just go based on public recommendations," said Casa.

To determine your sweat rate, weigh yourself without clothing before going out for an hour of hard exercise, then weigh yourself again. Weight lost during this time (assuming you haven't drunk anything or urinated) equals your fluid loss.

Casa recommends drinking one litre of water for every kilogram you lose, and switching to sports drinks if your activity lasts for over an hour.

Listening to your thirst can help, but Casa warns that this may not be sufficient because during intense exercise your thirst might not keep up with your fluid needs. Instead, Casa recommends looking at your urine colour.

ANDREW SMITH PHOTO

Athletic therapist Teresa Hussey says getting athletes to drink enough fluids is a "constant battle."

"If it looks like apple juice you're probably dehydrated. If it's resembling lemonade you're probably doing a pretty good job of staying hydrated," said Casa.

Casa explains that maintaining hydration for certain sports can be more difficult. Soccer, for example, keeps players on the field for a long time, while football equipment weighs on the athlete.

Teresa Hussey, a certified athletic therapist and trainer for the Wilfrid Laurier University football team, says the university ensures water is always available for varsity athletes.

"Our biggest thing is just making sure that everybody is educated about it," said Hussey. "You've got to have coaches on board ... it's got to be something that you have to give [the players] constant access to."

Although Hussey and the other trainers educate players, she says that getting them to drink enough fluids can be a "constant battle."

"Just telling them to drink water, they won't listen to you, but if you get it into their head that they'll actually perform better, that's what they're looking for," said Hussey.

Hussey says there have been several game situations where they pulled players because they were getting heat cramps, one side effect of dehydration.

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The Other Side

By Yasuko Thanh

Illustration by Marc Junker

Congratulations to the second place winner of the Martlet's August fiction contest, Yasuko Thanh. An excerpt from her story, "The Other Side," is featured this month. To read the first place winner and find out who came close, see the August issue of the Martlet, or check out Martlet.ca.

On our way to the Abbotsford Game Farm, I derived pleasure from watching her face go white every time Hudson, tilted into the gap between the driver and passenger seats, indulged in some off-taste joke with me. A giggle would turn Hudson to jelly. Blanche's ire tightened, tying up her tongue. I was like the mischievous child that kicks the back of the driver's seat in rush hour traffic.

She put on a Beatles tape. I chewed my nails in discomfort as she and Hudson sang along.

"Can you believe what happened to poor John Lennon," she asked softly.

Hudson nodded, his eyebrows knit in sympathy.

"Can you believe it, Mahmi?" Blanche asked but I didn't want to be included in their whacked mini-funeral party for this pop star dead 20 years.

I smiled in an innocent, noncommittal way. "I couldn't give a rat's ass. You can't sing your way into a better world."

Stunned silence.

Then Hudson mumbled, "You're right cynical, aren't you?" Blanche uh-huh'ed, nodding her head quickly in girlish agreement, unable to conceal her satisfaction that I'd said something to annoy Hudson. She started to sing along to "Imagine." She and Hudson smoked a joint and didn't pass it to me.

Blanche just didn't get Hudson. Broken cynical things attracted him because he believed he had the power to fix them. I challenged him. Blanche ladled warm and fuzzy sympathies upon him, the kind you'd get from a soup kitchen preacher or give to a lost dog, and Hudson would like it for a time, but this feeling she generated in him was a place you'd want to visit, not live, in the end, self-indulgent and spurious. In trying to be what she thought he wanted, she gave him nothing to struggle against, nothing to change; she took the fun out of the fight.

We looked at zebras. We looked at giraffes. We snapped pictures. We wore the disguise of normal people enjoying a sunny day. I went to smoke on a bench in the shade while bear cubs whined in their cages. Blanche puckered her mouth and shushed them. Hudson looked pale and thin.

When Hudson went to get hotdogs, Blanche and I were alone for the first time. I fidgeted with the strap on my purse, suddenly nervous.

"He's quite a guy," she said.

I nodded.

"He's been through so much."

"Yeah," I said. That part was easy to see.

"His family's pretty fucked-up, I know them all. We've been friends for a long time. Sometimes he's not as careful as he should be... because he wants to get in trouble."

"That's a little too psychological for me, Blanche."

"Oh, come off it. You hide your train tracks, too," she said and pointed to my arm.

My smile turned into a sneer. I cocked my head and gave her the so what-are-you-going-to-make-of-it pose that she expected but that I would only use to justify future aggression on my part.

Blanche followed up her assault. "Why do you like pissing people off?"

I almost went into a rant but I would not be drawn into an argument with someone who wore a fake hairpiece.

"I don't claim to be perfect, Blanche. But I find your assessment biased." I stood up and smiled at Hudson who had returned with hotdogs covered in sauerkraut.

"Look at you, girl, look at you." Hudson grinned as if at some private joke. "Look at her, big smile with a fuck-the-world attitude beneath. You're just like me and Blanche. Where'd you say you were going next?"

"Nelson," I told him. "Or Lesquiti."

"For the pot, the wicked homegrown," he goaded.

"You can eat when you're high, sleep on it." I nodded. "Better than crack."

"That's a value judgment," he said with sudden ill-humour. "Face it, we all just end up washed up somewhere. Like the garbage from Korean freighters at Crab Beach."

I took a hotdog from Hudson's hand. "I'll eat to that. To multinational garbage." I toasted.

Hudson enthusiastically bashed my hotdog with his. Blanche hesitated, then toasted too.

When we returned to the strip club that night, Blanche feared the worst. At the bar she tried to get us hammered. It couldn't have been plainer if he'd grafittied it on a billboard: Hudson was taking me home.

"I'm heading off," he said, yawning. "A friend's got a drywall job for me tomorrow. You want to share a cab, Mahmi?"

"Wait till I finish and let's all share a cab," Blanche begged.

"Blanche, you only live a few blocks away. Mahmi's up in my neighborhood."

"You live off Victoria?" Blanche interjected trying to get a handle on the scene.

I raised my palm that they should both stop. I turned to Hudson. "Allow me to pay for the cab. It's the least I can do after the nice day you guys treated me to, and besides, it really is late." I smiled a slow and wicked smile at Blanche letting my eyes linger.

Hudson kissed Blanche's hand. "Till tomorrow, Madame," he said, kicking his heels together. "I'll call you."

"Goodnight, Blanche," I said as we got ready to go. Hudson held the door open for me and as we exited I looked back at Blanche, the tortured fool behind the bar, puckered my lips and blew a kiss.

We walked through the pedestrian mall on Granville, enjoying the bustle and the lights from the club signs. "Blanche can be really smothering," Hudson said.

"I'm sure she means well."

We got into a cab. When we approached my apartment, Hudson made his intentions known. He turned to me and said, "We don't have to stop here. You could come back to my place. I'm not sure how you feel about me but I'd like to spend the night with you."

I looked at him with a smirk playing around my lips. I licked them and let my tongue linger near the corner of my open mouth. "You got smokes?"

"Yeah, course." He laughed and flipped open a half deck of Export A.

"Do you want to score? Some drugs, I mean?"

He smiled. "Maybe." There was an incredible arrogance about him.

In front of the Pho Vietnamese restaurant by Hudson's place, a dealer displayed a keen business savvy and ability to read body language even in the dark. He whispered to us.

"Rocks, ten bucks. How many?"

Hudson raised an eyebrow at me. I shrugged. Hudson stepped into the doorway with the man and they haggled. People say crack messes up sex. Guys can't get an erection. I justified the deal by telling myself I was doing Hudson a favour because crack brings me closer to my fantasies. The truth was I was sick of sitting in my apartment watching TV, the smell of my low-budget joints mixing with the smell of my roommate's bathroom cleaner, and I wanted to get high, it didn't matter who with. I was tired of being clean.

Hudson shared a basement suite with a loud body-builder called Ricky who smoked fast, ran his fingers through his hair, and spoke with a thick East Indian accent. We talked, then Hudson and I went through to the bed in his dishevelled, laundry-strewn room.

We touched and kissed. I didn't want love; I didn't want to make love; we fooled around and then I asked him for a hit.

"I feel like I should come clean, he said. I like you and I don't want these things to get in the way later on, down the road. I've worked as a hustler. I've let women beat me up for money."

I reddened and passed him the pipe. Naked, on the bed in front of me, he suddenly looked so exposed. "Got beer?"

He exhaled a plume of smoke. "My brother, my fucking brother, he's in jail."

I took the pipe.

"He's a fucking diddler."

He spun around and reached for the smokes on his dresser, holding the lighter up to the end of his cigarette but shaking madly. When he'd lit his cigarette I passed him the pipe but he shook his head. I dropped another rock onto the screen and lit it, inhaling until my lungs burst. Truth and dare. He could tell me whatever he wanted. Was his roommate Ricky also a hustler? That body builder guy? I wondered about the women who'd paid him so that they could beat him up; it seemed interesting enough.

"Would you spank me?" he said. He sat with his knees up on the bed.

He'd obviously done this before, many times, because not only did he have a whip in his closet, he had paddles of all sorts of shapes and sizes. I grabbed a heavy one and sent it crashing into his repulsive skinny backside. Thinking of Blanche, I whispered at him, "You're not as careful as you should be, because you want to be hurt." I scared myself when I accidentally caught a reflection of myself in the mirror above the dresser where Hudson's cigarette still spiraled smoke from the ashtray: mean, contorted, sweating, ugly. Masturbating himself against the mattress, Hudson came, his skinny behind shuddering as he released onto the plaid sheets.

After he came, I felt disgusted. I sat there, pressed against his body, full of self-loathing. It smelled strangely of sandalwood.

Hudson and I continued to get high over a period of weeks. Blanche's dislike of me increased in direct proportion to how much time Hudson and I spent together even though we had agreed to keep our relationship a secret. If I had cared about Hudson I would have wanted an explanation of what role, exactly, Blanche played in our love triangle. However, I was already thinking about how I would end it with him. If I wanted an easy out it was better to have Blanche and Hudson remain close.

I never lied to Hudson. That's the truth. But at The Smile Café on Pender Street, Hudson was being a jerk, talking about getting married and actually using the word love. I verbalized what I had been signaling through behaviour for weeks. "Let's face it. The things you've done don't make stable ground for a serious relationship."

"You really have a chip on your shoulder don't you," he said exhaling his cigarette smoke. He acted cool and nonchalant though the hurt crept into his voice.

He became more annoyed as the minutes passed, asking me what I wanted out of life, if I thought I was happy. He wanted confrontation.

"Forget it," I said.

Hudson knocked his drink from the table with his elbow. "You don't want an honest man."

"Hudson," I said, knowing there was nothing I could say.

I couldn't love Hudson. You can't put feelings where none exist; you can't fake that kind of emotion.

The world seemed like a great ocean with no horizon. I stopped seeing Hudson and Blanche and barely ever went down to Granville. They seemed like the remnants of a meal I could scrape clean off the plate, toss away without a thought into the garbage can. I managed the rest of the summer without even thinking about them. I didn't think even feel guilty until one evening someone pounded on the door.

When I opened it a crack I saw Blanche. She pushed through the door knocking me off balance. "He's dead because of you!" She wept.

"What..." I understood but was frozen.

"Hudson's dead."

"Oh, my god. God, fuck..."

"You used him. Everybody used him. He just wanted to make things good and people took that to mean they could do whatever they wanted to him. And now he's dead."

"No, it wasn't like that," I said, knowing it had been exactly like that.

She stood and looked at me for so long her eyes x-rayed my body, cleaved the flesh right from my bones.

"When's the funeral?" I said finally.

"Next Friday in Ahousat."

"Clayoquot Sound," I said. "I didn't know Hudson was from there."

A silence engulfed the air between us; it felt half an hour long.

"Are you going?" I asked.

"What for?" Blanche glared at me through tears, "Now that he's dead? What's the point?" She turned to leave and I watched her back grow smaller as she slunk away down the hall.

The next morning I rented a Hyundai and travelled South. I had to get to Ahoushat by Friday. I checked myself into a cheap motel and got stinking drunk. I'd need the courage to actually follow through with it.

I found myself within the city limits by Thursday afternoon and found a room at Vera's Guest House. The woman knew I had come for the service and called Hudson's family for me, passing me the phone. A woman's voice came down the phone line.

"Hello."

"Hello? Mrs. Jack?"

"Uh-huh."

"I'm really, really sorry for your loss. I knew Hudson in Vancouver... I'm a friend and I wanted to attend the service and pay my respects."

"You in from Vancouver," she said flatly.

"Yes, I'm here now and staying at Vera's."

The line clicked dead. I wondered if Hudson's mother felt angry about his friends in the city. I felt guilty. I belonged to the environment that had contributed to her son's death. Did she resent me for it?

I heard that he'd been driving so fast they had to use the jaws-of-life to pry his body from the wreck. They found a large amount of drugs and alcohol in his system.

I attended the service but waited until the reception in their home to introduce myself to his mother and father. Their house was packed from floor to ceiling with supplies: cartons of toilet paper, flats of soup, boxes of surgical gloves, bags of teddy bears, industrial-sized jars of mustard and packages of face cloths. It was a stockpile, a freakish bunker you could barely move in.

His mother was buttressed by anger over her son's death. His father, red-eyed and drunk, looked like the kind of guy that didn't take any shit from anyone.

"That little shit," his father slurred. Then he laughed. "The only thing he ever done right was beating me with a baseball bat before leaving Ahousaht for good. They gave him two years."

My ears buzzed and the oxygen in the room felt thin. I couldn't breathe. I nodded and tried to move away, into the cluster of mourners that spilled out onto the steps from the front door. The cigarette in my hand shook. Everyone must have thought I was off the deep end with grief. Hudson's mother approached me. She seemed less confrontational now, even a little apologetic.

"Hudson was a good boy," she paused. "You got a smoke for me?"

I lit her cigarette.

"It's okay," I said and squeezed her hand.

When I got back to Vancouver, I looked for Blanche and invited her for coffee. She talked about Hudson for hours.

I found out that Hudson and his six siblings all had different fathers. He sold drugs and hustled. Did B&E's, shoplifted and sold what he stole for a third of the cost. He talked with Blanche about moving away to Vancouver Island. He talked about quitting drugs. Making a fresh start. He wanted to go somewhere far away — to the end of the line. He'd follow the railroad tracks to where the trestles stopped completely and fell into the ocean, green as far as the eye can see.

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Painting your life green

Even reluctant citizens can find ways to make their activites environmentally friendly

Lynda Pupo

Change is difficult. We don't do it unless drawn by our own desires or backed into a corner, but it's one necessary part of life.

Now more than ever, change is en vogue. Especially when it shifts our actions to "green."

Sure a chameleon can dress the part — buy cloth bags and change a few light bulbs. But green is no longer a colour that changes with the seasons. Green means go. Green means act. Green means be a better person for the planet and the future.

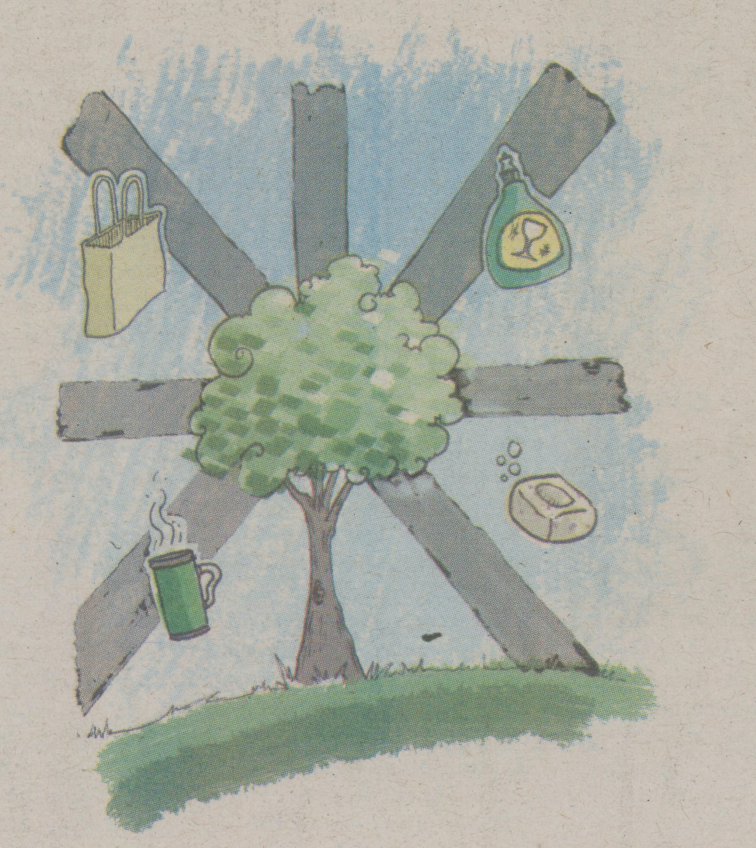
Overwhelming? Very.

In a hip-to-go-green world, some people are clueless while others are plain terrified to try anything different. But making that first attempt is the best way to start, and soon enough, you'll notice green potential sprouting from everywhere around you.

To get started, here are a few helpful green hints.

1. When grocery shopping, look at the receipt.

Not only does the plastic-versus-cloth bag make a difference to the total price, but also bottles, cartons and boxes can pad the bill with a deposit fee. Collect, clean and carry those items to your nearest Bottle Depot or return centre to recycle the materials and put a healthy coin jingle back into your step.



MARC JUNKER GRAPHIC

2. If coffee-to-go from a barista is a must, then green it up (your style).

The "brightest" green would use a reusable travel mug and spoon (skip the stir stick). No spoon? Try a gentle swirl. If paper is the only option, forgo the cardboard sleeve altogether or carry a reusable cloth sleeve to cut down on waste.

Many coffee houses boast a complete package of recyclable material — the lid, sleeve, stir stick and cup too. B.C. has a large and competitive coffee house market, so chances are a green coffee house is walking distance from the usual place.

3. Make at-home cleaning clean for the environment too.

Everything from dryer sheets and air fresheners to dish soap and counter sprays are available as eco-friendly. Don't be afraid of things that sport a symbol of a leaf instead of a "kills 99 per cent of bacteria" sticker.

Research shows having some germs around are actually good for your immune system. And so what if it takes a little extra elbow grease to clean off the baked on cheese? Save the environment and tone up your muscles at the same time.

4. Treat yourself to eco-body soaps.

Shops devoted to the cause tend to have a wide selection of scents and textures. Milky soaps for dry hair and gritty bar soaps for exfoliation are just two examples. Most stores also carry soaps from local artisans or from the surrounding Islands, so you can support two causes in one.

5. Plan your travel green-style.

No car means no worries. While walking is hip, driving is polluting. For people used to relying on a vehicle, the change to less driving isn't as scary as it sounds. There's probably a mailbox, a store that sells toilet paper and a coffee shop within a brisk walk away. Bicycles can get to further destinations faster. A bus is another cheap option for going green(er). The problem of commuting far can be solved with carpooling. Many schools and places of business offer discounted parking for carpool spaces and even help to organize carpools. If you can't escape the necessity, though, try to cut down the number of times your vehicle is started in a day. Organizing trips to be multifunctional is better then driving back and forth several times.

6. Combine "now" solutions with future ones.

Make a habit of considering your choices. Read which packages are recycled and recyclable. Note appliance purchases that can save energy. Choose your next vehicle wisely. Remember that even deciding what to eat in a day affects things like processing, packaging and the green-killing shipping.

It might be overwhelming to think that every decision is helping or hurting the planet, but don't be discouraged. One eco-decision today is one decision healthier then yesterday. Tomorrow that decision is a new-formed habit. Just remember to stay positive, and you'll be turning green in no time.

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University of Victoria
Human & Social Development

Sprouting plants green ideas

What: James Bay Sustainability Commons Sprouting Workshop
Where: James Bay New Horizons Activity Centre, 234 Menzies St.
When: Tues., Sept. 9 at 7:00 p.m.
How much: $5 (which includes handouts and sprouting materials)

Nadine Sander-Green

Believe it or not, you can grow brown rice in your bedroom.

Or lima beans, buckwheat, alfalfa — even chic peas. And, according to Raven Hume, a teacher and retreat host at the Salt Spring Centre of Yoga, all you need is an old jar, some cheesecloth and a handful of seeds.

Hume is leading a sprouting workshop next week through the James Bay Sustainability Commons — a community grassroots initiative proposed by a group of local citizens who share a commitment to living more sustainable lifestyle.

So what is sprouting?

Basically, it's the practice of soaking and rinsing seeds until they germinate and sprout. You start with soaking the seeds (grains, legumes or greens) for eight to 12 hours in some sort sprouting vessel, like a glass jar, and cover it in a breathable material. Then, you rinse them at least a couple times a day and before you know it, dinner is served. Well, at least a nutritious side dish.

"A pure beginner would start with mung beans," said Hume. "They're are the easiest, and only take about two days until they're ready to eat."

Hume says that he will be demonstrating the sprouting process during the workshop, as well as talking about what seeds you can sprout and how to cook them.

"You can eat some sprouts raw, or gently cook others," he said. "There are some grains that you can just mash in a food processor and turn into bread."

JOSH SZCZEPANOWSKI PHOTO

An upcoming event will teach citizens how to grow delicioуus sprouts in their bedroom.

But sprouting, to Hume, is more than just soaking and rinsing seeds.

"I want to show people the joy of sprouting. Even if you're living in an apartment in a city, you can tap into the wonder of the natural world," said Hume. "What's best about this gathering is that it's an opportunity to meet other people who want to live a more sustainable lifestyle."

Students interested in attending the workshop should e-mail jamesbaysustainability@gmail.com or call Linda at 250-380-6383.

Fringe fest leaves a taste of talent

Kim Magi

For Fringe virgins, waiting in lines and walking by Fringe venues near the end of summer can make for some nervous patronage come showtime, especially when the volunteers ask, "so, have you ever Fringe'd before?"

But nerves be damned; for first-timers the Fringe proves to be nothing short of a great and inexpensive way to get your satisfaction seeing some good (and not so good) theatre. For those who missed it this year, be sure to try again next summer — it's worth the wait. Here are a few theatrical rundowns to tickle your curiosity in the meantime.

Inferno Sonata

"Well, that would've been difficult to understand if you'd never taken any theatre history," someone in the audience quipped as we were leaving Inferno Sonata, a play about 19th-century playwright August Strinberg (played by Scott Sharplin of Edmonton).

The show was still captivating. Some jokes, such as those about Henrik Ibsen (Strinberg's rival) flew over many audience heads, but it wasn't hard to follow along.

The play mostly focuses on Strinberg's fixation on alchemy, especially after his estrangement from his family. As with all one-performer shows, the actor must keep an audience entertained, and Sharplin was able to do this with fun, finess and a few unexpected tools, like dry ice.

Sharplin is a talented actor, and the history lesson was an added bonus.

Grow Your Own Dinosaur

Produced and written by UVic students, this show made an effort to cater to the 20-something crowd. Written by Julia Dillon-Davis, the play references Facebook and the toils of writing last-minutes papers, but falls short of a deep plot.

Samantha (played by Dillon-Davis) falls in love with a grow-your-own-dinosaur after it transforms into a full-size baronyx named Birch (Scott Hendrickson).

The most enjoyable character of the show is Samantha's rule-obsessed roommate, Emma-Kate (Emily Piggford), who breaks up the show by knocking on Samantha's bedroom door demanding that she eat peaches to keep healthy and keep her noise down.

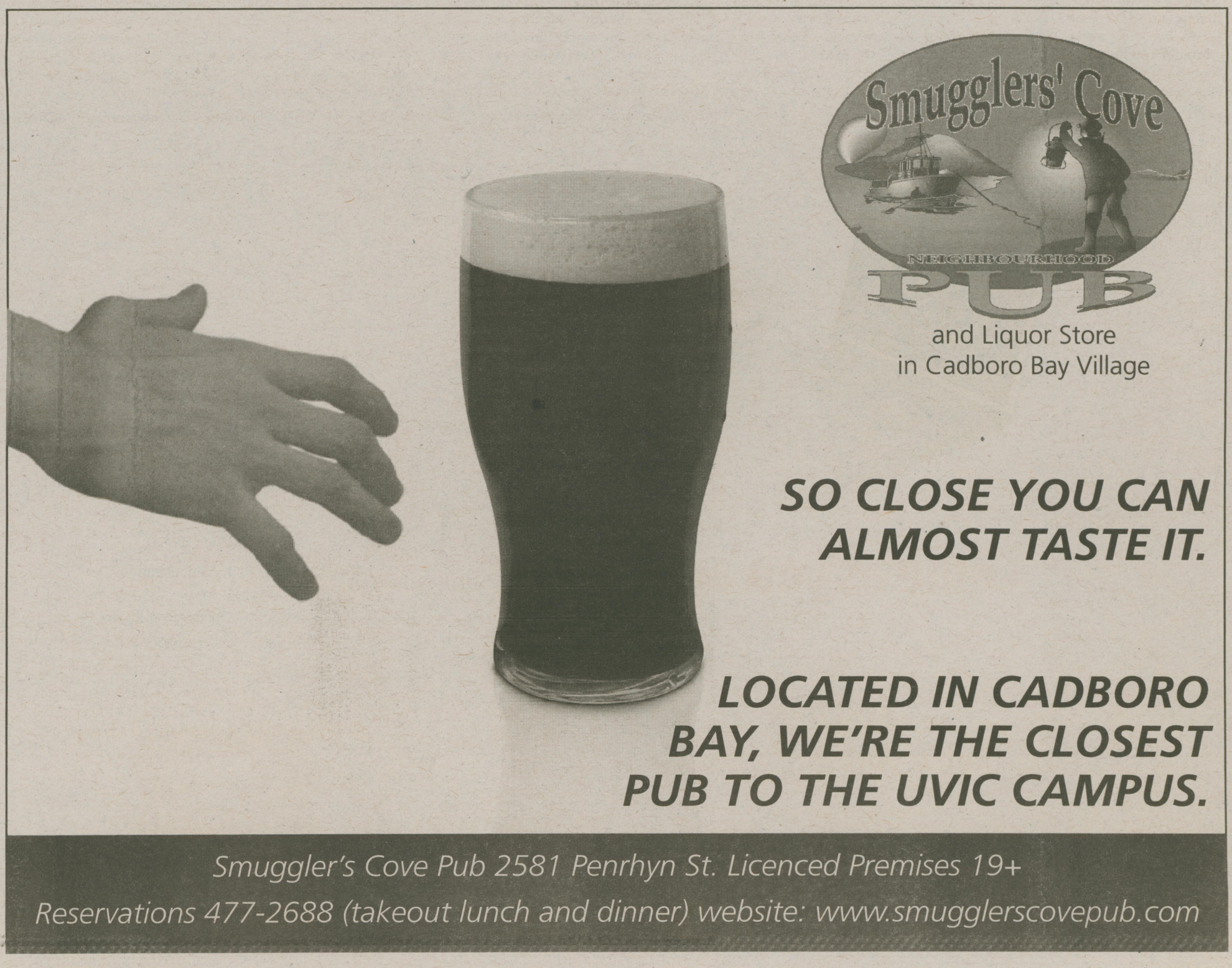
This show was vastly entertaining, but one that didn't require you to think — and that's not necessarily a bad thing.

Mr. Fox

Starting a show by making the audience do the "wave" will capture anyone's attention — luckily, Mr. Fox (Greg Landucci) has the ability to hold it.

As an awesome story-teller, Landucci-progresses his play through telling the audience different scenarios of his time as a mascot for the radio station CFOX in Vancouver. Everything from throwing himself down a bowling alley (something he knew he wouldn't have gotten away with had he not been in the costume) to throwing up in the suit after a roller coaster ride, made Landucci become more hilarious as the show went on.

Playing rock music and talking in the style of his DJ icons, Larry and Willie, Landucci gave comical insight into the life of a mascot. With enough energy to jump and run around on stage for an hour, Landucci showed the audience why he made it as a mascot for so long — and lived to tell about it.



PROVIDED PHOTO

More than 90 teams from across North America came out to Victoria for this year's Drgaon Boat Festival — a flaming hit last month.

Dragon boats offer flaring good time

Kimberly Bruce

Team spirit and ancient Chinese culture collided at the 13th annual Victoria Dragon Boat Festival held at the Inner Harbour mid August.

Over 90 teams from across North America came to compete on Victoria's 500-metre course. The enthusiasm never stopped, and free entertainment representing Canada's diverse cultural backgrounds kept the crowds lingering between races even as thunder clouds rolled by.

Each team chanted and stretched, pumping themselves with excitement for their next race. Most teams arrived with a theme, and many of them wore costumes. But it was the "Scurvey Dawgs" who won the team spirit award for remaining in their pirate costumes throughout the event.

"It was nice to see their team spirit, especially after working 12 hours," said UVic Social Science student Kate Maguire, who was working as the event assistant and volunteer co-coordinator.

Maguire said that one of the highlights of the festival was seeing the "Scurvy Dawgs" perform in the air band competition, along with some other inspiring and exuberant groups.

"There was one group of breast cancer survivors who performed with this 80-year-old woman who was just so hip," said Maguire.

There were many teams whose paddlers represented breast cancer and other cancer survivors. One team was made up of people with Multiple Sclerosis.

Maguire said that part of the reason that dragon boating as a sport has gained popularity is that people of all ages and fitness levels can participate.

Maguire noted that the Dragon Boat Festival is about more than just athletics. From the opening ceremonies, where blessings were made by a Chinese priest, throughout the races there was a feeling of the spiritual significance for many of the participants, said Maguire.

The historical and cultural heritage of this event was highlighted by the performance of the Vancouver Cantonese Opera traditional. The elaborate costumes and complex stories mesmerized the audience.

Not to be outdone, martial arts demonstrations of kung fu and tai chi stole excited attention, and Silk Road hosted a series traditional Chinese tea. The festival also incorporated the performance traditions of local Middle Eastern and Indian dancers.

The ancient festival has been celebrated for over 2,000 years. Traditionally, it is said to commemorate a beloved patriotic poet, Qu Yuan, who drowned in a river. But the festival was also used traditionally to hold evil forces at bay.

For many people who paddled in the Victoria festival this year, it had nothing to do with winning a race, but everything to do with the triumph of spirit.

MARTLET

News writing intro / refresher

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Canada

Deep Dark Woods a promising journey

Trisha Gieni

Take a little rock your dad helped you grow up on, mix in some traditional folk, throw it on some electric guitars and you will have the basis for rising Canadian group, The Deep Dark Woods.

With a strong sense of what they refuse to become and a truly classic sound, this Saskatoon band is sure to win over many hearts. Why "The Deep Dark Woods"? Band-member Ryan Boldt, 25, explains it as suiting the sound of the band.

It is inspired by Robert Frost's poetry, but as Boldt puts it, "It is an old timey phrase." He says it corresponds with language from other folk music and they want to keep the focus on that aspect of their style.

The band formed in Aug. 2005, but some of the members have been playing together much longer. Lucas Goetz, 23, and Boldt have known each other since childhood and have been in many bands together, while Chris Mason, 25, and Burke Barlow, 25, joined later on to round out the quartet.

Their concept as a band is to take the traditional sounds of folk music and update it with electric guitars and drums. It works for them. They have played all over Canada, with stops in major cities like Toronto and Vancouver, having visited New York as well.

Mason finds the venues and books the shows for now, but Boldt says he looks forward to a time when they will have someone to do that for them. For now, he says, they try to choose venues that suit their sound. Their success may be translated into some awards, as they are nominated for a Western Canadian Music Award in the Outstanding Roots Recording (duo/group) category later this year. Past winners include Corb Lund and The Wailin' Jennys.

The Deep Dark Woods' first album, self-titled, came out in 2006, while their sophomore release *Hang Me, Oh Hang Me* came out in 2007. After their tour, Boldt says they will go back to recording a new record. While talking with Boldt, the subject of today's music industry inevitably came up, with his frustrations about popular music following closely behind.

"There is just too much music," Boldt said, referring to the popular music scene.

He mainly listens to older stuff, from a time when he said there was less room, so the few bands that made it had to be amazing, making reference to the '50s and '60s specifically.

"They were popular because they were good," said Boldt. "Now, bands are required to bow down to these people who put you on the radio. It is all about kissing ass, not playing music that you like."

PROVIDED PHOTO

The Deep Dark Woods takes traditional music and updates it with electric guitars and drums.

Boldt did go on to say that there are, of course, many people who still want to hear good music, but it just isn't necessarily popular.

Some of the musicians who he considers "good" play at festivals and still have fans, but aren't what the world would consider famous.

Boldt says that you won't catch them "looking good for the girls," though their scruffy good looks aren't going to hurt them.

The Deep Dark Woods will make an appearance in Victoria this fall on Sept. 26 at Logan's Pub. Go and give them a listen, along with their Saskatoon buddies, Ride 'Til Dawn.

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SUMMER GOURMET

LINDSAY POPE PHOTO

Zucchini may look like a cucumber, but this delicious variety of squash tastes nothing like it.

Zucchini makes succulent dish

Lindsay Pope

With zucchini still so plentiful at the markets this time of year, it's the perfect vegetable to try out in all its variable uses. Adding cheese to a stir-fry of this elegant veggie (as in Zucchini Parmesan) makes a quick and easy late-summer supper.

If you don't have parmesan cheese, you can use fresh-grated mozzarella or provolone, or blend all three. Don't waste expensive spaghetti sauce on this — it does best with a basic, almost paste-like sauce. Add some garlic bread and you've crafted a fine vegetarian meal.

ZUCCHINI PARMESAN

Total time: 30 min
Serves: 2 dinners or 4 side dishes

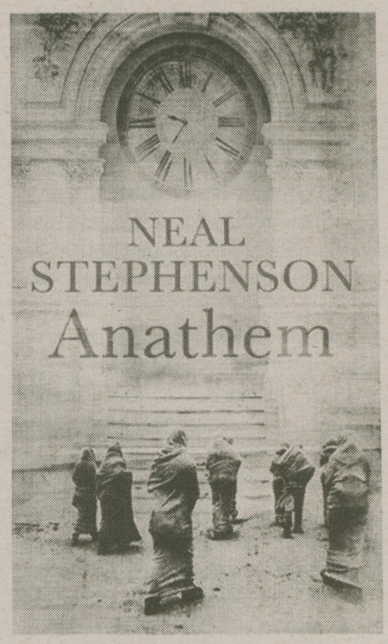
250 ml (1 cup) spaghetti sauce (about half a tin)
1 kg (2.2 lbs) zucchini, thinly sliced
185ml (3/4 cup) parmesan cheese

Pour spaghetti sauce into a frying pan over medium heat. Add zucchini and cook for 15 to 20 minutes, turning occasionally, until zucchini is tender. Sprinkle about 125ml (1/2 cup) of cheese over dish and gently incorporate. Serve with remaining cheese to dust on top. Add bread or other side dish, and enjoy.

Anathem clears out cobwebs

New fiction will whisk readers away

Marri Knadle



Neal Stephenson, award-winning author of *Diamond Age, Snow-crash,* and *The Baroque Cycle,* has produced another landmark addition to the genre of science- and speculative-fiction. *Anathem* is a hefty addition to Stephenson's own oeuvre of inventive and cerebral titles.

Once again, Stephenson proves himself a polymath with his simply presented, yet thought-provoking explorations of topics from a broad range of academic disciplines.

By drawing the reader down avenues of scientific and metaphysical thought woven throughout a coming-of-age-during-the-turning-of-the-age storyline, Stephenson fulfills the basic demand of good literature: he stimulates internal debate about what defines the human experience and asks questions about what we truly know about the world around us and the nature of reality.

A caveat: its first several hundred pages are not a beach read. (Unless your beach is an academic retreat, and you're furnished with a podium to prop up its 900 pages while you work on your tan.)

The prose is clear, crisp and as well-organized and methodically structured as the mind of its protagonist Erasmus, through whose eyes we experience Arbre, the world Stephenson has created for *Anathem.*

Erasmus himself is at first uninspiring and forgettable in that he is mostly a conduit for information.

But he flourishes late in the novel and acquires a personality once he has been uprooted from comfortable surroundings and forced to reconcile his worldview with a changing reality. The friends and adversaries surrounding him are more immediately memorable.

Anathem explores its themes of time, learning and discovery through diverse characters both eloquent and pedantic, benevolent and selfish, resulting in an appealing and varied cast wrapped up in an entertaining storyline.

Among the colorful individuals are a friend obsessed with martial arts and military strategy, an enigmatic sage who hints at an astonishing lifespan, and a member of a technocratic lower caste who is taboo to behold.

Stephenson's world-building is as impressive as his display of knowledge on such subjects as philosophy, history, religion, sociology and quantum physics.

Created words litter the pages, inspired by Latin and Greek roots to play on subconscious associations of meaning in the mind of the English reader.

Throughout, Stephenson succeeds in gently reminding us that this is not Earth.

It's Arbre, a world similar enough to our own to draw many parallels, yet rich with its own 7,000-year history (which Stephenson outlines in a preface, with admirable brevity).

He deftly avoids pontificating or falling back on stereotypes and never takes his tale too seriously.

Make no mistake, *Anathem* begins in the mind, hooking the intellect before it engages the emotions.

The narrative rewards the patient reader with an increase in action during the second half, a turnabout which underscores a contrast between the life of the pastoral philosopher in his ivory tower, and the harried activity of the "Saecular" world — the world outside the walls of the "math," a sheltered reservoir in which Erasmus dwells, of learning and learned individuals.

The Saecular and mathic spheres collide well into *Anathem*'s pages to deal with an otherworldly crisis, providing grounds for Stephenson to force the reader to recognize the nuances of the relationship between knowledge and usefulness.

As governments are asking questions regarding public education failures, its ideal form and its goals, it is a timely vein to plumb in speculative fiction and one which Stephenson exposes well.

Anathem makes no excuse as it crawls to the heart and the gut, and, at the last, Stephenson ups the ante in the last quarter of the novel, drawing the reader into a climax with the scale, stakes and adventure of a space opera.

Ultimately, Stephenson succeeds in presenting a novel which provides both entertainment and mental stimulus; a good read to get your brain in gear for fall after the summer slump.

Anathem arrives in bookstores Sept. 9.

student and community groups
for social and environmental justice come together

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Featuring...
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Chris Rozek
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The Violin Duo
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Business and Hi-Tech
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Hi-Tech: September 15 and 16, 2008 from 10am – 3pm
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New school year has some big shoes to fill

A retrospective look at the 2007/2008 school year exposes some of UVic's best drama

Bryce Bladon

The new school year is here, and guaranteed to be filled with events, memories and rumours to go down in UVic history. But before getting caught up in all that is to come, here's a look back at last year to catch up the newbies and remind those students returning for more.

Winter semester

The school year started with a sexy bang when a crowd of UVic students in their skivvies gathered at Petch fountain and ran a lap around ring road for the B.C. Cancer Foundation. The UVic Undie Run for Cancer was a hit; expect the third annual iteration in early September this year.

The university also implemented a smoking policy that disallowed smoking near campus buildings on Sept. 1, basically forcing everyone to smoke in the main field.

Ozone lover and eco-enthusiast Al Gore visited UVic on Sept. 29, showcasing his environmental cause and monotone voice in all its glory to the campus.

The environment wasn't the only issue receiving attention on the 29; breasts also received (more than usual) public interest when over 120 mothers breastfed at Centennial Square during the annual Quintessence Breastfeeding Challenge. (Find out if this year's numbers will top that, when the event is held at Tillicum Mall in October.)

One of the year's biggest issues hit campus early, when the University of Victoria Students' Society (UVSS) banned the Canadian military from recruiting in the Student Union Building (SUB). The decision was eventually rescinded and overturned when it was brought to a student vote in October.

UVic student Adam Watson found a noble cause in proposing a giant bunny statue near Petch fountain. Somehow, Watson never saw his cause take to fruition.

A UVic student was struck by a car on a Ring Road crosswalk near the Phoenix Theatre on Friday, Oct. 12. She survived the accident with serious injuries.

On Oct. 27, the Victoria Zombie Walk took place downtown, inducing over 300 members of the walking dead to roam the streets. It went off without a hitch, and all the undead made it home alive.

A UVic student known only as "Hug Man" passed out free hugs all over campus during first semester.

Despite raising campus spirits he stopped soon after, noting he was an otherwise useless superhero.

A giant spotted owl was seen in front of McPherson library on Nov. 22, when 100 people gathered in the shape of the endangered animal to protest the B.C. government's Coastal Forest Action Plan.

Victoria-based comedy troupe Loading Ready Run raised more than $22,000 for charity by playing the "worst video game ever made" for over four days.

The Desert Bus for Hope campaign was a wild success, and the money was donated to Child's Play, a charity that supplies children's hospitals with video games and systems.

Spring semester

Student's returned from winter break to find the campus noticeably barer than it had been in December.

JOSH THOMPSON FILE PHOTO

UVic students voted to bring the military back to the SUB at the October annual general meeting last year.

Rumours circulate every year as to what happens to the large numbers of UVic rabbits over the holidays, and 2008 was no different – could they too fly south for the winter?

A Saanich bylaw came under serious question when a group of students were evicted from their rented home because they were not related to one another.

Until the bylaw is changed, houses in the area can't legally accommodate more than four unrelated residents, and secondary suites with self-contained living areas are not legal to rent out to students.

When the Career Fair hit on Jan. 30, the military recruitment booth was in full swing despite the protests taking place less than a foot in front of it. Both parties remained peaceful.

David Suzuki (deemed as the original, and Canadian, Al Gore), began his "Generations Tour" at UVic on March 3, with a sold-out audience of more than 600 students in the SUB.

A group called "The Order of Pi" pelted students and professors with pie for charity in March. Victims described the experience as "terrifying, yet delicious."

UVic's Tower Residence was the victim of mould in March, proving to be a belligerent guest for housing authorities. It has since been removed from the premises.

A 37 year-old female UVic student passed away in the Tower residence on March 6.

She was discovered by emergency personnel when her family called Campus Security because they couldn't get in touch with their daughter.

The second-term UVSS elections erupted with hot debate and accusations of miscounted ballots.

Team Fast remained on top of the polls despite claims that they wouldn't be able to keep up a performance.

A UVic student was forced to run around Ring Road in his underwear and a Calgary Flames cape when he lost a bet concerning the Vancouver Canucks making it into the playoffs.

Spectators said it was "unusual" to see a man painted in red set off air horns while screaming his disdain for the Flames.

Author examines white people's likes

Lindsey Rivait
THE LANCE (UNIVERSITY OF WINDSOR)

WINDSOR (CUP) — White people like all sorts of things — expensive sandwiches, brunch, '80s nights and not owning TVs are among a list of 150 things as outlined by Christian Lander, author of Stuff White People Like.

These aren't just any white people though. The list consists of things mainly left-wing hipsters enjoy.

But whether you identify with that class or not, the book and the comic blog it's based off of are worth the entertaining read.

Since the book's release, updates to the blog have been slow, but Lander promises new content once his busy schedule dies down.

"The study has not been completed by any means," he said.

As for how white people react to the long list of stereotypes, Lander says most of them get it.

People say they laugh out loud at some entries and cringe guiltily at others.

"Some people get offended and say, 'Well, I don't like sushi, so I guess I'm not white,' and they get upset," Lander said. "[They think], 'How dare he make generalizations about white people that don't apply to me? I'm really offended by that.' That's always my favourite reaction."

But Lander is just as hard on himself as he is on everyone else; he gets his inspiration for the entries from his own life.

"I go after myself on this," he said, noting how he digs into himself in one entry about bikes.

"I ride a six-gear bike, so I know how pretentious I am for doing that and I know how pretentious it is for me to talk about how much I love it," he said.

"So, I had to call myself out, and it hurt a bit."

While the chief purpose of the blog is to make people laugh, Lander says it inspires discussion about class and the changing face of North America.

"I think by breaking it down to stuff — I mean, it's just stuff; sandwiches, strollers, Priuses, these are just things — it makes people a little more comfortable to talk about race because they are just things.

"It's done in a humorous way. You're meant to have a laugh here, and not a mean-spirited laugh," Lander said.

In the back of the book is the "How White Are You?" quiz, where readers can calculate their white percentage. Lander ranks at 92 per cent.

"But, I don't like outdoor performance gear," said Lander, who is adamant about staying indoors and not camping.

As for Lander's top white people guilty pleasure, he's a big fan of the TV show The Hills.

"I live in [Los Angeles]. They have those establishing shots in the city.

"I ride my bike everywhere, so I've always wanted to be one of those bicyclists who bikes past Lauren and Audrina having lunch or something, but it's never happened," said Lander.

For more information about white people and to get to know the stuff that they apparently really like, visit Lander's entertaining blog at: *www.stuffwhitepeoplelike.com*.

Events

LIVE CONCERTS

THURSDAY, SEPT. 4

Woven in Time
All Day
MaPherson Library Gallery

Woven in Time is an exhibition of photographs by University of Victoria student Ashley Akins. These photographs document life in the rural communities of Perus Patakancha valley, of which textile weaving is an integral but endangered part. Travellers scoop up the intricate, colourful products, but in the haste to sell the work of their elders, younger people are not learning the skills to keep the traditional craft alive. Atkins established the Mosqoy foundation to connect people to the weavers, to bridge the gap between producers and consumers, and her photographs are evidence of a vital new weft that colours the Incan weaving tradition.

Fee: Free
Info: 250-721-8299
maltpub@finearts.uvic.ca

P/Op!
All Day
University Centre, B115

For the first time, the Maltwood Art Museum and Gallery presents an exhibit featuring works by local and internationally renowned artists in the pop, optical and abstract art genres. Through a collaborative curatorial process, we have produced a strong showcase of recent acquisitions by Harry Stanbridge, Eric Metcalfe and Carl Beam. Works by Roy Lichtenstein, Jasper John and Andy Warhol bring the show to an international level.
Event runs until Sept 22.

Fee: Free
Info: Aubrey Emlyn
250-721-6562
maltpub@finearts.uvic.ca

Green Start Marketplace
10 a.m. - 4 p.m.
Petch Fountain and Inner Quad

This unique new event will showcase sustainable products, services and practices from local craftspeople, businesses, non-profit organizations and UVic departments. Stop by the Green Start Market to soak up some sun, connect with friends new and old and learn about what your community is doing to build a greener tomorrow!

Fee: Free
Info: Jaie Skalin
250-853-3512
jskalin@uvic.ca

"The Children of Huang Shi"
7 p.m. and 9:10 p.m.
Student Union Building, Cinecenta

Directed by Roger Spottiswoode (Australia/China/Germany, 2008, 126 minutes; English & Japanese & Mandarin with subtitles; 14A) Starring Jonathan Rhys Meyers, Radha Mitchell, Chow Yun-Fat and Michelle Yeoh
A British journalist, American nurse and Chinese partisan leader rescue 60 orphaned Chinese children, leading them across hundreds of miles of treacherous terrain, through snow-covered mountains and an unforgiving desert.

Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365
cinecenta@uvss.uvic.ca

"PLANET B BOY"
9:30 p.m. and 11:10 p.m.
Student Union

Directed by Benson Lee (USA, 2008, 98 minutes; PG).

Fee: All seats $3.75
Info: 250-721-8365
cinecenta@uvss.uvic.ca

FRIDAY, SEPT. 5

"Get Smart"
7:15 p.m. and 9:30 p.m.
Student Union Building, Cinecenta

Peter Segal (USA, 2008, 110 minutes; PG) Starring Steve Carell, Anne Hathaway, Dwayne "The Rock" Johnson, Alan Arkin, and Terence Stamp.

Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365
cinecenta@uvss.uvic.ca

SATURDAY, SEPT. 6

Women's Soccer: Alberta at UVic
Noon
Centennial Statium

Watch the Vikes take on U of A

Fee: UVic Students/
Rec members Free
Other Students $4
Info: Mike Tucker
250-721-8725
vikes@uvic.ca

Men's Soccer: Alberta at UVic
2:15 p.m.
Centennial Stadium

Watch the Vikes take on U of A

Fee: UVic Students/
Rec members Free
Other Students $4
Info: Mike Tucker
250-721-8725
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Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365
cinecenta@uvss.uvic.ca

SUNDAY, SEPT. 7

Women's Soccer: Saskatchewan at UVic
Noon
Centennial Stadium

Watch the Vikes take on U of A

Fee: UVic Students/
Rec members Free
Other Students $4
Info: Mike Tucker
250-721-8725
vikes@uvic.ca

Men's Soccer: Saskatchewan at UVic
2:15 p.m.
Centennial Stadium

Watch the Vikes take on U of S

Fee: UVic Students/
Rec members Free
Other Students $4
Info: Mike Tucker
250-721-8725
vikes@uvic.ca

"Indiana Jones and the Kingdom of the Crystal Skull"
7 p.m. and 9:25 p.m.
Student Union Building, Cinecenta

Steven Spielberg (USA, 2008, 123 minutes; PG)

Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365

World Suicide Awareness Day
2 - 4 p.m.
Interfaith Chapel

Has your life been touched by suicide? A gathering of hope and healing will be held on September 7th from 2-4pm at the University of Victoria's Interfaith Chapel. There will be a memorial circle, reflection and remembrance as well as information about community resources. Join the NEED Crisis and Information Line in coming together to raise awareness about suicide. Celebrate life and honour the lives of those affected by suicide.
Visit the NEED Crisis and Information Line for more information: needcrisis.bc.ca

Fee: Free
Info: Mary Rumsby
250.386.6328, ext. 222

MONDAY, SEPT. 8

"Indiana Jones and the Kingdom of the Crystal Skull"
7 p.m. and 9:25 p.m.
Student Union Building, Cinecenta

Steven Spielberg (USA, 2008, 123 minutes; PG)

Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365
cinecenta@uvss.uvic.ca

TUESDAY, SEPT. 9

"Grindhouse"
7:15 p.m. and 10:30 p.m.
Student Union Building, Cinecenta

Robert Rodriguez & Quentin Tarantino (USA, 2007, 192 minutes; 18A)

Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365
cinecenta@uvss.uvic.ca

Co-op Information Day
10 a.m. - 4 p.m.
Student Union Building, Michel Pujol Room

Co-op will be hosting the annual Co-op Information Day on Tuesday, Sept 9. It's your opportunity to find out how Co-op works, learn about job opportunities in your field, see samples of Co-op projects and enter to win great prizes!
View photos of students on co-op work terms! Talk to Co-op staff and find out how to register!

Fee: Free
Info: Jennie Nilsson
250-721-6582
jnilsson@uvic.ca

Path to Sustainability: Campus Consultation Session
11:30 a.m. - 1:20 p.m.
David F. Strong Building, C126

UVic's Office of Campus Planning and Sustainability wants your ideas to help make our campus a sustainable one.
We are in the middle of a year-long process to create the university's first Sustainability Policy and Action Plan.
Please join us for a consultation session to discuss your ideas, find out what is already happening and help us plan for the future. Your feedback will be incorporated into the sustainability policy and action plan.

Fee: Free
Info: Naomi Devine
nsdevine@uvic.ca

Library Research 101
12:30 - 1 p.m.
McPherson Library, 130

New to university? Unsure of where to start your research? Library Research 101 will help you learn about basic research skills for university by introducing you to tips on exploring your topic, gathering relevant information and concluding your search. This workshop is aimed at first year students who are new to university or for anyone wanting a refresher on the expectations of academic library research.
By the end of this workshop you will be able to critically explore your topic by identifying authoritative sources that provide an overview of your topic, effectively gather relevant information on your topic by analyzing various sources available through the UVic Libraries and confidently conclude your research by clearly presenting your research results.

Fee: Free
Info: Pia Russell
liblearn@uvic.ca

WEDNESDAY, SEPT. 10

"Across the Universe"
7 p.m. and 9:30 p.m.
Student Union Building, Cinecenta

Julie Taymor (USA, 2007, 133 min; PG)
"A VISUALLY ENCHANTING MUSICAL!" –Roger Ebert

Fee: UVSS Students $4.75
Other Students $5.75
info: 250-721-8365
cinecenta@uvss.uvic.ca

Library Workshop: Google 101
12:30 - 1 p.m.
McPherson Library, 130

Google has revolutionized the way we gather information, but how can you optimize your use of Google? What are the pitfalls of Google you should be aware of? This workshop will help you to search effectively in both Google and Google Scholar, understand when to use Google Scholar versus a library database, locate the full-text versions of articles and learn about Google Book.
Drop-ins are welcome, space permitting.

Fee: Free
Info: Pia Russell
liblearn@uvic.ca

www.martlet.ca
See the web for events submission guidelines.

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This is a great opportunity to learn how to play. Learn the skills necessary to rally and keep score.

salsa 101
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LIVE CONCERTS

THURSDAY SEPT. 4

Regular People @ Evolution
9 p.m. - 2 a.m.

Tickets available at Old School Tattoos. (No Minors).

Fee: $9 at the door
$7 in advance

So You Wanna Be A DJ @ Lucky Bar
10 p.m.

The Lucky Bar presents the best in up-and-coming Victoria DJs, who are here to bring you the newest underground dance music. Hosted by DJ Longshanks, two new guest DJs per week will show their skills, and YOU (...along with an expert panel...) get to be the judge! This is the audition stage. The best DJs over the next few months will proceed to the finals in Jan/Feb. (No Minors).

Fee: $5

YouTube and Facebook Thursday @ Soprano's
9 p.m. - 12 a.m., doors at Noon

Now twice as fun! Pick your song from our 14,000-song library and we'll film your performance and upload it to YouTube and Facebook, so you can share your performance with friends.
YouTube and Facebook Thursday - every Thursday, of course! (No Minors).

Fee: Free

FRIDAY, SEPT. 5

Self Inflicted, the Fuk-Nutz, Left Pocket Dead @ Logan's
10 p.m. - 1 a.m., doors at 9 p.m.

Tickets available at the door. (No Minors).

Fee: $8

Left Spine Down, Bloody Betty, Smoked Out Brainzzz, A Lethal Dose Of Blunt Force Trauma @ Lucky Bar
10 p.m. - 2 a.m., doors at 9 p.m.

Featuring members of Front Line Assembly and The Black Halos, Vancouver's Left Spine Down (also known by the acronym LSD) is a band that plays a style of music they refer to as iPunk, fusing the sounds of Industrial, Metal, Punk and Drum & Bass. With special guest performances by Bloody Betty and A Lethal Dose of Blunt Force Trauma.

The band features Jeremy Inkel of Industrial music legends Front Line Assembly and Denyss McKnight former bass player of Vancouver punk music veterans The Black Halos. (No Minors).

Fee: $10

Mogwai, Fuck Buttons @ Sugar
9 p.m.

Tickets available at Ditch Records & Cds and Lyle's Place. (No Minors).

Fee: $24 in advance
+s/c

SATURDAY, SEPT. 6

Bloozecan @ Beacon Hill Bandshell
1 - 4 p.m.

Victoria's newest and hottest blues band rocks out for free. Bring a picnic lunch and come check it out! (All Ages).

Fee: Free

Battle of the bands Two Kings, Messiahs in Fiction, Unicron @ Esquimalt Inn
9 p.m. - 1 a.m., doors at 8 p.m.

First week of a 27 band competition. Tickets available at the door. (No Minors).

Fee: $5

1st Time to play Canada in over 35 years! Sly & The Family Stone, Five Alarm Funk, Kuba @ Royal Theatre
8 - 11 p.m., doors at 7 p.m.

Tickets available at the McPherson Box Office (250-386-6121 or Toll-free line 1-888-717-6121). (All Ages).

Fee: $57.50/$59.50

Finntroll, Warbringer @ Sugar
9 p.m.

Tickets available at Lyle's Place and www.ticketweb.ca. (No Minors).

Fee: $18

SUNDAY, SEPT. 7

Bill Bourne, Wyckham Porteous @ Hermann's Jazz Club
8 - 11 p.m., doors at 7:30 p.m.

Tickets available at Lyle's Place, McPherson Box Office and online at www.hightideconcerts.net. (All Ages).

Fee: $25

MONDAY, SEPT. 8

Sex Attack @ The Red Jacket
10 p.m. - 2 a.m.

(No Minors).

Fee: $5

TUESDAY, SEPT. 9

dUbTeT, Dj Nigel @ Element
9:30 p.m. - 1:30 a.m., doors at 9 p.m.

Calling all Warriors !!! Greenlaw is releasing their new single Warrior in celebration of all those powerful people out there who are striving towards the light and following their hearts. Come for a night of live Dub Soul with Greenlaw as a full 7 piece band. (No Minors).

Fee: $10 ($5 Students)

WEDNESDAY, SEPT. 10

Djs Verse and Murge @ Lucky Bar
10 p.m.

Now on a new night! DJs Verse & Murge (formerly Strifry) present Champion Sound - the New Old School! A weekly four hour, four turntablized mixmash of music to make your booty move! (No Minors)

Fee: $5

ANNOUNCEMENTS

Come sing with us for the joy of it!
If you have a passion for music and the commitment to belong to a choir that performs with the Symphony, then think about lending your talents to the Victoria Choral Society. We're welcoming and we're worth the audition. Bring a friend! Call Carol at 250 391-0540

September is Mentoring Month!
Big Brothers Big Sisters is currently looking for volunteers to mentor children for one hour per week in Elementary Schools across Victoria. You don't need special skills or experience to be a mentor-you already have what it takes! Already a BIG? Find out about joining the UVic BBBS Club at Course and Club Days.
250.475.1117, volunteer@bbbsvictoria.com, or visit www.bbbsvictoria.com

Join Need Crisis and Information Line for an afternoon of remembrance at World Suicide Awareness Day. From 2-4pm on Sunday, September 7th at University of Victoria's Interfaith Chapel, take part in a sharing circle, information and resources. Interested in Suicide Prevention in the classroom? Reach out to youth in Middle and High schools. Community Education Volunteers needed. Contact Kari at 386.6328 ext 223 or visit website: www.needcrisis.bc.ca.
Training begins Sept. 15.

Fall into something great! Follow your heart by offering hope, dignity and respect
Volunteer with us at the NEED Crisis & Information Line. Training starts Sept. 20.
www.needcrisis.bc.ca

The Victoria Evening Newcomers Club For Women meets on the 3rd Tuesday of each month for dinner and a guest speaker. We welcome all women who are new to the Victoria area.
Next Meeting: Tuesday, September 16, 2008
Time: 6:30 pm Meet & Greet, Dinner at 7:00 pm
Admission: $33 ($30 for club members)
Registration deadline: September 11, 2008
Location: McMorran Beach House
Call Peggy at 744-1823 for more information.

SUPERWALK & FESTIVAL FOR PARKINSON'S
Date: Saturday, September 13th
9:15 a.m.: Registration Starts
10 - 11 a.m.: Walk
11- 11:30 am: Bastion Jazz Band (and 12 -12:45 p.m.)
11:30 a.m.: Lunch
LOCATION: Garth Homer Auditorium, 813 Darwin Avenue (parking is available at the Saanich Municipal Hall)
Registration is $25. Register and get pledge sheets by calling the Victoria Epilepsy and Parkinson's Centre at 250-475-6677 or by emailing us at help@vepc.bc.ca. To register online, or to find out more about the national event, visit www.superwalk.com
Incentive prizes are offered for top pledges by both Parkinson's Society Canada and the Victoria Epilepsy and Parkinson's Centre, including:
a.. A once in a lifetime, cultural adventure vacation for two courtesy of ElderTreks
b.. Two airline tickets to any scheduled international Air Canada destination
For $2 a ticket, you can win a chance to win:
First prize: a VIA Rail trip for two to Jasper and the Fairmont Jasper Park Lodge
Second prize: a 4-day luxury getaway package, including 2 night's stay at the design-savvy Sutton Place Hotel in Vancouver
Third prize: a signed and framed series print by Barbara Weaver-Bosson.
For more information call 250-475-6677 (Victoria Epilepsy and Parkinson's Centre).

CLASSIFIEDS

BC SUSTAINABLE ENERGY ASSOCIATION: MONTHLY MEETING
Date: Monday September 15th, 2008
Time: 7:00pm - 9:00pm
Cost: Free
Place: Burnside Gorge Community Centre | 471 Cecelia Rd. Victoria
Topic: Turning Urban Backyards into Viable Food-Producing Gardens
Paula and Martin Sobie from City Harvest (www.cityharvest.ca) convert space in Victoria residents' backyards into lush, thriving gardens. For this September's chapter meeting we are pleased to have the Sobie's speak about their sustainable gardening practices, the benefits of locally growing food, and the challenges in locally producing food to build food security and reduce our carbon footprint.
The BCSEA Victoria Chapter meets the 3rd Monday of each month. Monthly meetings are open to non-members. The BC Sustainable Energy Association is a non-profit society of citizens, professionals and practitioners committed to promoting the understanding, development and adoption of sustainable energy, energy efficiency and conservation in British Columbia.
For more information visit us at www.bcsea.org.

FIRST ANNUAL VICTORIA LOCAL FOOD FEST
Common Energy, with over 20 local groups, will be launching the first-ever Victoria Local Food Fest for 2008. Starting Sept. 7, and running until Sept. 26, Victorians will have the opportunity sign up as 'locavores', pledging to eat local, seasonal food for the duration of the festival.
Events, taking place within and around Victoria, will include speaker series; bike-to-the-farm brigades; local and seasonal cooking classes; gardening and composting workshops; fruit pickings; tours of urban chicken coops and beekeeper hives; food-related movie and discussion nights; greendrinks; seed saving workshops; forums on the state of our local food system and its solutions, and much more. The festival, timed to begin at the start of harvest season and fall semester for university students, allows Victorians from all walks of life to celebrate the best the area has to offer.
Signing up for the fest is free of charge as are many of the events. After three weeks of local eating, there will be a final dinner celebration and dance showcasing many of the delicious local food and drinks Victoria has to offer. For more information visit the festival website at www.victorialocalfoodfest.ca.

Help UVIC create its first Sustainability Policy and Action Plan. Join us for a consultation session, and help us plan for the future.
Sept. 9, 11:30-1:20pm, DSB C126
Sept. 25, 5-7pm, Clearihue C112
Oct. 8, 2:30-4:30pm, DSB C130
Oct. 23, 5-7pm, Mac D116
www.uvic.ca/sustainability

Your Library. Your Voice. Get involved. Get free lunch! Details: libadmin@uvic.ca

THE MARTLET

The Martlet is looking for energetic and exciting people to fill the following positions:

News Editor
Living Editor
Sports Editor
Opinions Editor
Copy Editor
Photo Editor
Graphics Editor
Video Producer
Radio Producer
Production Designer
Staff Writer
Staff Photographer

HOW TO APPLY: Bring your resume, a cover letter stating which position(s) you are applying for, and samples of your work (if applicable) to the Martlet office (SUB B011) or submit by email to maned@martlet.ca by noon, Wednesday, September 10th.

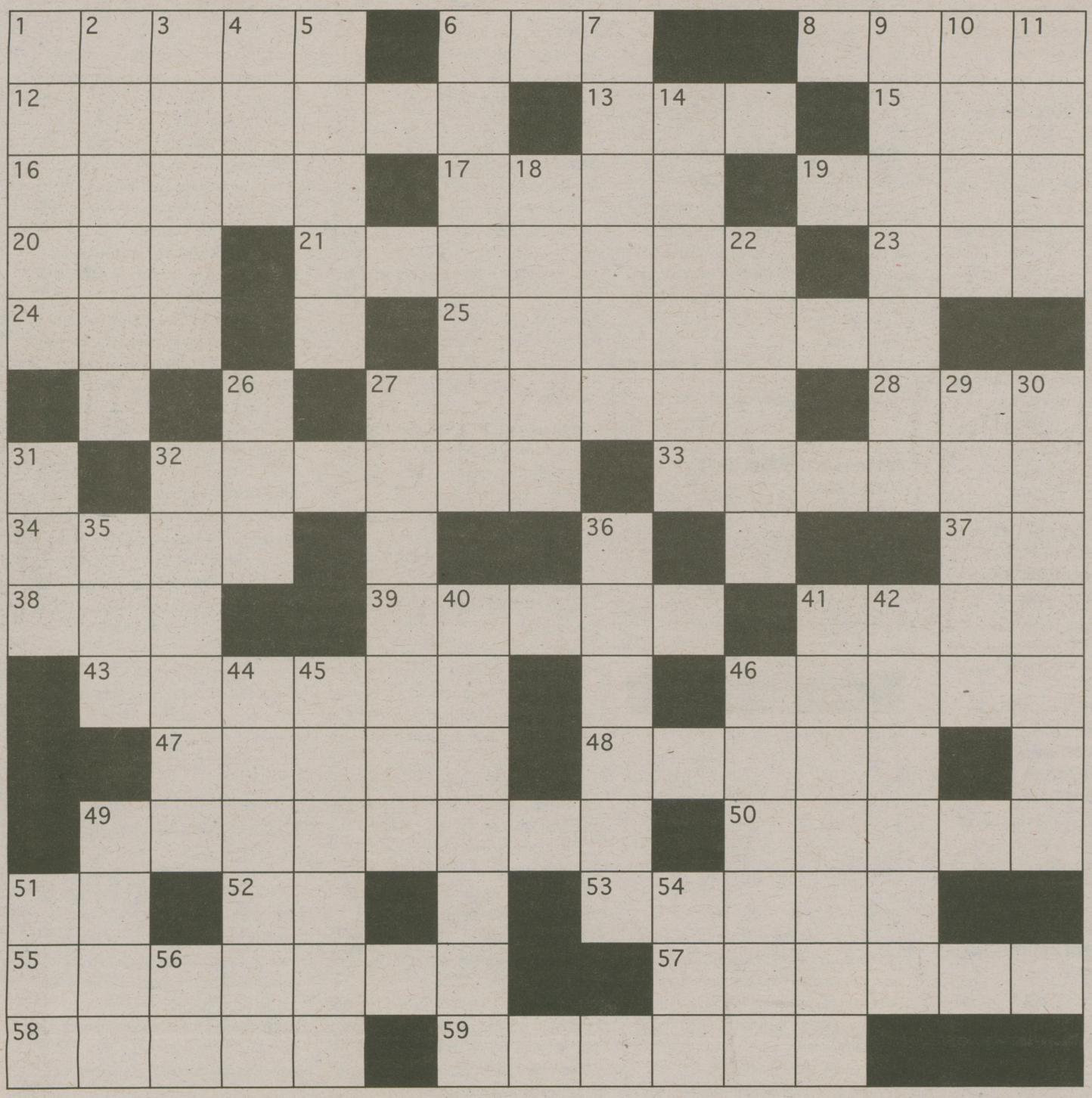
All applicants should apply for Work Study authorization (see the Student Awards and Financial Aid office, located on the second floor of the University Centre building - registrar.uvic.ca/safa/workstudy/workstudyindex.html). All applicants, Work Study eligible or not, will be considered for employment.

Detailed description of positions at Martlet.ca/jobs

Diversions

THE MARTLET CROSSWORD

BY DAVID KARP



ACROSS

1 Houdini's practice
6 Goof
8 Welcoming
12 Town on Ontario's Lake Simcoe
13 Summer Girls boy band
15 Sex in the City network
16 Stringed instrument
17 Cigarette brand
19 Celestial spheres
20 Garden tool
21 Belgian French dialect
23 Volcano by-product
24 Computer key
25 House location
27 Androgynous clothing
28 Breakfast essential
32 Common subject of jokes
33 Frozen Arctic
34 Indian lentil dish
37 Fourteenth letter of alphabet
38 Poorly lit
39 Thug
41 Sesame or watermelon, for example
43 Style of comedy
46 Chinese bear
47 Meat on a skewer
48 Card game with pegs
49 What a student procrastinates from
50 Agony
51 Little __ Peep
52 Publicity
53 Baseball commissioner
55 Select
57 New York Rangers coach
58 Country star Carter
59 "This is ____!"

DOWN

1 Chocolaty coffee
2 Pigmented skin
3 Light sleeveless jacket
4 Sick
5 The Simpsons' Krusty
6 Golden State Warriors' city
7 Coastal problem
9 Worded
10 Movements of tides out to sea
11 Food
14 Piece of broccoli
18 Golden song
22 Camosun's student newspaper
26 __ in the Family
27 Facial attribute of Sesame Street's Bert
29 Attribute of The Simpsons' Mr. Burns
30 Lord of the Rings wizard
31 Strange
32 Capital of Mali
35 __ and hers
36 Shares
40 Restarts
41 Teenage witch
42 Junior navy officer
44 Feminine hygiene product
45 Region of southwest Europe
46 Pooh's sidekick
49 Town at the foot of Coquihalla
51 Naughty
54 Screw up
56 Dad

solution, tips and computer programs at www.sudoku.com

su|do|ku

© Puzzles by Pappocom

	3		4				9	5
		4		5	2			
8						7		
				1		9	4	
2								7
	5	3		6				
		2						6
			6	3		4		
3	4				7		8	

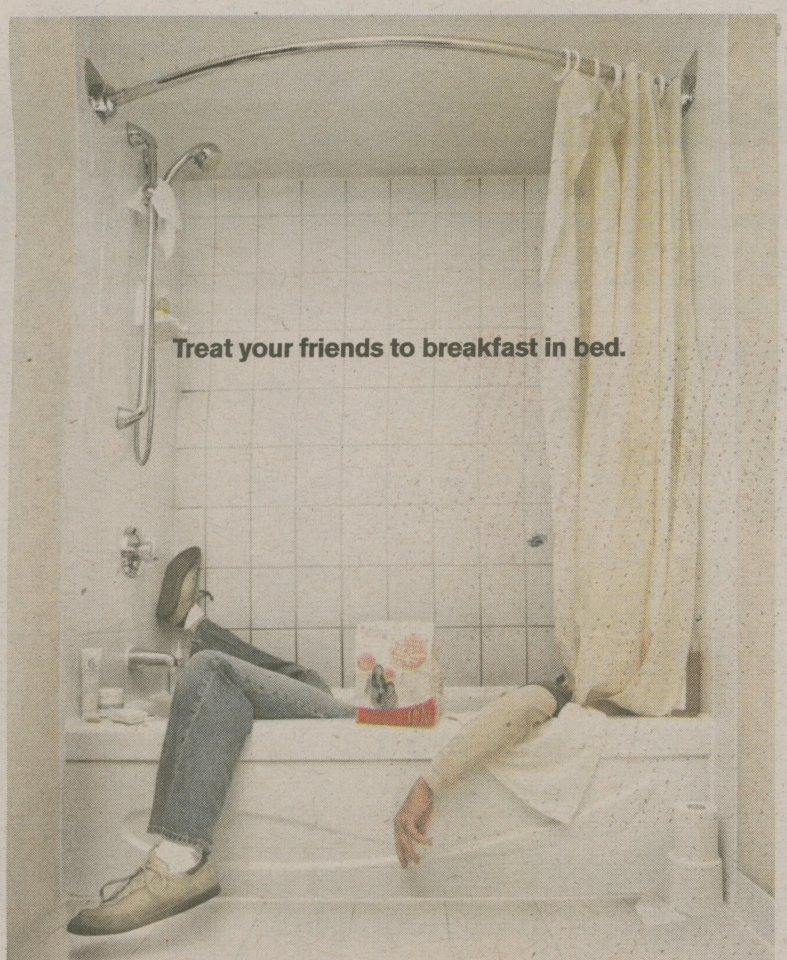
www.martlet.ca

For puzzle answers, visit our website

Are you up for the crossword challenge?

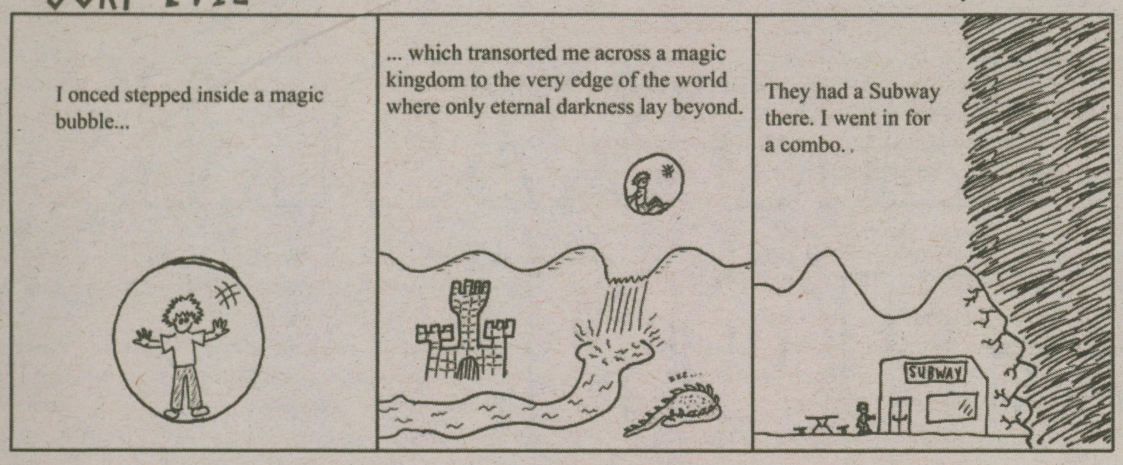
The Martlet is looking for talented volunteers to create our weekly crossword. We've got the tools if you've got the time.

E-mail: edit@martlet.ca



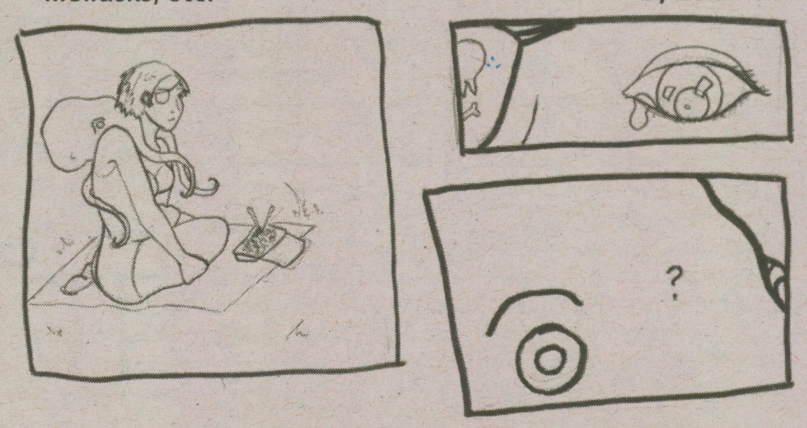
CORP EVIL

by Gord Duff



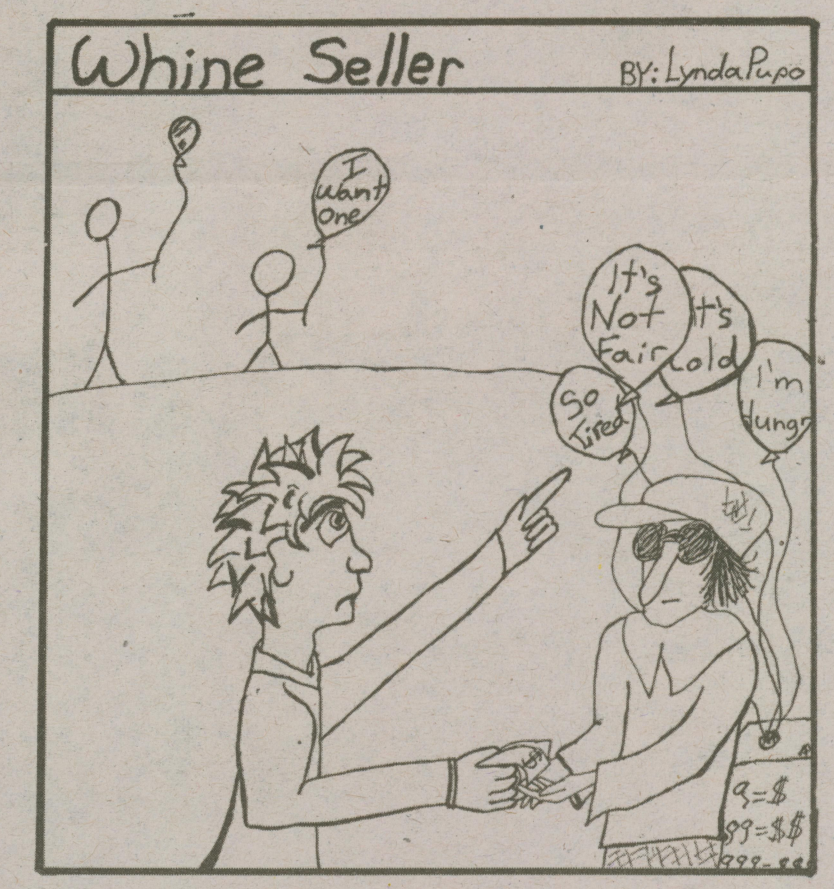
Mollusks, etc.

by Zola Kell



Checkerpop - DELUXE EDITION!

by Marc Junkor



Whine Seller

BY: Lynda Pupo

TO BE CONCLUDED...
...NEXT WEEK...
MAYBE.

Interested in submitting?
E-mail comics to grafx@martlet.ca

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